# UNIVERSITY EXPRESS

FALL 2016

*"Lifelong Learning for Adults Age 55+"*

A PROGRAM OF:

RSVP

RETIRED & SENIOR VOLUNTEER PROGRAM

## FREE CLASSES

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

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# Welcome to University Express, Fall 2016 Edition

Dear Friends,

Researchers often say that lifelong learning is an important part of healthy aging, and provides many cognitive and social benefits. We feel University Express, based on our annual increase in class attendance, is proof that this is true. We encourage you to join us for a class and listen to the lively discussions, insights, and questions as both the instructor and the audience members delve into a topic!

We are delighted that over 2,000 older adults have discovered our classes, and share their excitement about University Express with their friends and family.

As always, we truly appreciate the generosity of our sponsors – BlueCross BlueShield of Western New York, Excelsior Orthopaedics, Wegmans, our host sites, and especially our talented instructors and eager lifelong learners. It is your combined passion and enthusiasm that makes University Express such a vibrant and unique lifelong learning program.

We welcome your feedback and encourage you to keep sending along suggestions for future topics.

Pat Dowling

Patricia Dowling

RSVP

RETIRED & SENIOR VOLUNTEER PROGRAM

**858-7548**

## About Roundabouts

Roundabouts are changing traffic patterns in many Western New York communities. We'll discuss the origin of the modern roundabout as compared to its predecessor the traffic circle. What is the difference between the two? Are roundabouts a safer option? We'll talk about the basics of roundabout design and terminology, and look at examples of recently built roundabouts in Western New York.

**Instructor: Ken Kuminski, licensed professional engineer who managed roundabout projects in Hamburg and East Aurora**

**Tuesday, November 1** **1 p.m.**
Amherst Senior Center, 636-3055, ext. 3108 to register

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

**Monday, November 21** **10 a.m.**
Cheektowaga Senior Center, 686-3930 to register

## Brexit: What Happens Now?

When the results of the Brexit referendum were announced, the United Kingdom's decision to leave the European Union rattled the world. But what does it actually mean? Will markets reflect longer-term concerns about investments in Britain and the EU? Will Brexit serve as the catalyst for increased economic governing?

**Instructors: Jeffrey Goldfarb, Certified Financial Planner and Chartered Advisor in Philanthropy; Chintan Shukla, Investment Executive; and Adam Goldfarb, Financial Advisor and Philanthropic Consultant**

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

**Monday, November 14** **8 p.m.**
Canterbury Woods, 929-5823 to register

**Monday, November 21** **1:30 p.m.**
Clarence Senior Center, 633-5138 to register

## Buffalo-Niagara: Past, Present, and Future

At the turn of the 20th century, Buffalo-Niagara was one of the largest ports in the world. Buffalo was one of the largest cities in the country, and home to innovation and two U.S. Presidents. By the turn of the 21st century, it was a shadow of its former self. Where will it be at the end of this century?

**Instructor: Larry Brooks, local author and board president of the Western New York Land Conservancy**

**Friday, October 21** **10:30 a.m.**
Hamburg Senior Community Center, 646-0665 to register

**Thursday, December 1** **1 p.m.**
Amherst Senior Center, 636-3055, ext. 3108 to register

## Disappearing Act: What Happened to the Middle Class?

Strong economies have strong middle classes, and for nearly half of a century, ours has been dwindling. Neither side of the political spectrum has been able to slow down the middle class' depletion, which has shrunk by about 2% every decade.

**Instructors: Jeffrey Goldfarb, certified financial planner and chartered advisor in philanthropy; Chintan Shukla, investment executive; and Adam Goldfarb, financial advisor and philanthropic consultant**

**Wednesday, November 9** **10:30 a.m.**
Hamburg Senior Community Center, 646-0665 to register

## Diversity in Israel

We'll look at the diverse ethnic and religious groups that make up the Israeli population. The discussion will include Jewish, Christian, and Muslim Israelis, "indigenous" communities, and immigrant communities. How has Israel's response to diversity compared to that of the U.S.?

**Instructor: Maxine Seller, retired professor, SUNY Buffalo**

**Tuesday, October 25** **1:30 p.m.**
Clarence Senior Center, 633-5138 to register

**Thursday, November 17** **1 p.m.**
Amherst Senior Center, 636-3055, ext. 3108 to register





## Human Rights and Human Wrongs

The unparalleled abuses of World War II led to a series of UN-sponsored human rights treaties, dealing with topics such as genocide, economic and social rights, the rights of women and children, and racial discrimination. Despite these agreements, major abuses continue. What can individuals, governments, non-governmental organizations, and international groups do to diminish human wrongs?

**Instructor: Claude Welch, distinguished service professor, political science; recipient of two lifetime achievement awards for scholarship in the area of human rights**

**Friday, October 21** **2 p.m.**
Baptist Manor, 819-1820 to register

**Tuesday, November 15** **1:30 p.m.**
Clarence Senior Center, 633-5138 to register

## The New World of News

People used to get news from the morning newspaper and the evening TV news. Today, information and opinions are shared on 24/7 cable news networks, the internet, and social media. How has this instant and virtual world changed news coverage? How can we tell what is a confirmed fact and what is not? Two journalists reflect on the changes in media over the past four decades.

**Instructors: Rich Newberg and Rich Kellman, award-winning journalists and TV anchors for more than 35 years**

**Wednesday, October 19** **1 p.m.**
Amherst Senior Center, 636-3055 ext. 3108 to register

**Wednesday, November 9** **1:30 p.m.**
Clarence Senior Center, 633-5138 to register

## When Prisoners are Patients

A retired prison physician will discuss his experiences treating convicted murderers, rapists, and drug addicts, and the day-to-day challenges of working in a maximum-security correctional institution. We'll look at the most common medical issues in a prison population, including AIDS complications, resistant TB strains, substance abuse, and psychosocial issues.

**Instructor: Lito Gutierrez, MD, retired medical director of the Regional Medical Unit, Wende Correctional Facility, NYS Department of Corrections**

**Friday, November 18** **1 p.m.**
Amherst Senior Center, 636-3055 ext. 3108 to register

## The Opiate Epidemic in Erie County

Opioid addiction resulted in 50,000 deaths nationwide in 2015, many from prescription pain relievers and heroin overdoses. What's happening in our community? What are government, the health care community, and the legal community doing to address the situation? We'll also discuss opioid overdose recognition and Narcan training. Attendees can also request a Narcan kit.

**Instructor: Cheryll Moore, Medical Care Administrator, Erie County Deptartment of Health**

**Monday, October 3** **1 p.m.**
Amherst Senior Center, 636-3055 ext. 3108 to register

**Friday, October 7** **1:30 p.m.**
Orchard Park Senior Center, 662-6452 to register

**Tuesday, October 18** **1 p.m.**
Cheektowaga Senior Center, 686-3930 to register

**Thursday, October 20** **12:45 p.m.**
Springville Concord Elder Network, 592-2768 to register

## Prescription Drug Abuse: An Historical Perspective

The opioid epidemic is presented as a new and unprecedented phenomenon. But in fact it has long historical roots — legally produced pharmaceuticals have been America's most prevalent source of addiction for a century. Understanding why, and why we don't remember this long history, is crucial for responding effectively to today's crisis.

**Instructor: David Herzberg, associate professor, history, SUNY Buffalo**

**Thursday, October 6** **1 p.m.**
Amherst Senior Center, 636-3055 ext. 3108 to register

## What's Ahead for Africa?

From tragic epidemics to turbulent years of widespread political unrest, Africa is now experiencing encouraging trends, like the growing role of women in economic activity, increased access to technology, and investment in education. We'll examine the opportunities and challenges that face the next generation of Africa's leaders.

**Instructor: Claude Welch, distinguished service professor of political science; recipient of two lifetime achievement awards for scholarship in the area of human rights**

**Wednesday, November 23** **8 p.m.**
Canterbury Woods, 929-5823 to register

## Abandoned: Orphanages in New York State

By the mid-nineteenth century, 30,000 orphaned and homeless children roamed New York City. They survived by resorting to petty crime and selling newspapers while sleeping in alleys. For protection, they joined violent gangs such as the Bowery Boys and the Dead Rabbits. In response to this crisis, orphan asylums were started. Hear the story of New York state's orphanages, including Father Baker's orphanage in Buffalo.

**Instructor: Michael Keene, author and enthusiast of 19th century Western New York history**

**Thursday, October 6** **12:45 p.m.**
Springville Concord Elder Network, 592-2768 to register

**Friday, October 14** **1:30 p.m.**
Orchard Park Senior Center, 662-6452 to register

**Friday, November 4** **1:30 p.m.**
Clarence Senior Center, 633-5138 to register

**Monday, November 7** **2 p.m.**
Baptist Manor, 819-1820 to register

**Wednesday, November 16** **1 p.m.**
Amherst Senior Center, 636-3055, ext. 3108 to register

## Acadian to Cajun: The Great Deportation from Nova Scotia to Louisiana

Not many know that the Ku Klux Klan terrorized the Catholic Cajuns, who are the descendants of French-speaking Acadians. Several thousand French-speaking refugees from the region of Acadie (now Nova Scotia, Canada) made their way to Louisiana after being expelled in 1755 by the newly ascendant British, and sent penniless from their home territory. We'll discuss Cajun history and the journey down south.

**Instructor: Eileen Angelini, Ph.D., Fulbright Scholar and Chevalier dans l'Ordre des Palmes Académiques**

**Thursday, October 27** **2 p.m.**
Baptist Manor, 819-1820 to register

## Black Gospel Music, Yesterday and Today

Black gospel music was first popularized in the 1930s when Thomas Dorsey, the son of a Baptist preacher, combined shouts of praise and emotional fervor with a contemporary style. We'll explore the roots of black gospel music and help others to develop an appreciation for its beauty and historical significance.

**Instructor: Deacon Donald Bradley, retired insurance underwriter; enthusiast of gospel music and history**

**Tuesday, October 11** **2 p.m.**
Baptist Manor, 819-1820 to register

**Monday, October 17** **1:30 p.m.**
Orchard Park Senior Center, 662-6452 to register

**Monday, November 7** **1 p.m.**
Amherst Senior Center, 636-3055 ext. 3108 to register

## Boots, Bootleggers, and Patriots

We'll cover events featured in the presenter's third historical novel set in Buffalo at the beginning of the 20th century. Topics include the Grain Scoopers Strike of 1899, the Pan-American Exposition, the Banana Wars, World War I, the Anti-Saloon League, rum running, gang wars, the Great Depression, and the fascist plot to overthrow President Franklin Delano Roosevelt.

**Instructor: Tim Shannon, author and retired educator**

**Friday, October 14** **10 a.m.**
Cheektowaga Senior Center, 686-3930 to register

## Buffalo City Hall

One of the largest city halls in America, Buffalo's City Hall is often taken for granted by residents who live and work downtown. City Hall on Niagara Square changed the way the city of Buffalo looks. Explore the exterior and interior of this Art Deco masterpiece, including the many symbolic figures and decorations that portray the industrial prowess of our city.

**Instructor: Harry Meyer, Explore Buffalo docent; retired attorney, Hodgson Russ LLP**

**Thursday, October 6** **12:45 p.m.**
Grand Island Golden Age Center, 773-9682 to register





## The Buffalo Colored Musicians Club

The Buffalo Colored Musicians Club is the longest continuously operating African-American musicians club in the U.S. The Club holds memories of days gone by when it was common for jazz greats such as Dizzy Gillespie, Count Basie, Art Blakey, Duke Ellington, Lionel Hampton, Billie Holiday, and Ella Fitzgerald to be passing through.

**Instructor: George Scott, President, Colored Musicians Club**

**Wednesday, November 9** **8 p.m.**
Canterbury Woods, 929-5823 to register

## Commodore Perry, President Fillmore, and the Opening of Japan in 1854

After more than two centuries of restricted interactions with the west, Japan was forced by an American fleet to open its doors to trade. How does this mission, dispatched by President Millard Fillmore, color the subsequent history of Japan's relations with the United States?

**Instructor: Thomas W. Burkman, 20th century Japanese historian; director emeritus of Asian studies and research, professor emeritus, SUNY Buffalo**

**Tuesday, October 25** **1 p.m.**
Amherst Senior Center, 636-3055, ext. 3108 to register

**Tuesday, October 25** **8 p.m.**
Canterbury Woods, 929-5823 to register

## Early Buffalo Music and Entertainment

A look back to the beginning of Buffalo's rich entertainment heritage — starting at Canal Street, to the early theaters, vaudeville, burlesque, big band, and music prior to the advent of rock' n' roll. We'll highlight the contributions by theater owner Michael Shea and other nightclub owners, and share information on area radio stations, songwriters, musicians, and entertainers.

**Instructor: Rick Falkowski, involved with Western New York music for more than 50 years, founder of the Buffalo Music Hall of Fame and Buffalo Music Awards**

**Friday, October 14** **10:30 a.m.**
Hamburg Senior Community Center, 646-0665 to register

**Monday, October 24** **8 p.m.**
Canterbury Woods, 929-5823 to register

**Thursday, November 10** **12:45 p.m.**
Springville Concord Elder Network, 592-2768 to register

**Friday, November 18** **1:30 p.m.**
Clarence Senior Center, 633-5138 to register

## The Erie County Fair: 176 Fairs of Tradition, Agriculture, and Excitement

Take a trip through the Fair's colorful history, see how the Fair has evolved over the decades, and get a peek at what is planned for the future. Presentation includes archival photos and vintage videos from the archives of the Erie County Agricultural Society.

**Instructor: Marty Biniasz, director of special events for the Erie County Fair, and author of "Images of the Erie County Fair"**

**Thursday, October 27** **10:30 a.m.**
Hamburg Senior Community Center, 646-0665 to register

## Guaranty Building

The Guaranty Building, completed in 1895, is considered one of Louis Sullivan's masterpieces. In the 1890s, the skyscraper was a new and uniquely American building type. Sullivan is one of the most important American architects of the 19th century and is considered the "Father of the Skyscraper."

**Instructor: Harry Meyer, Explore Buffalo docent; retired attorney, Hodgson Russ LLP**

**Tuesday, October 18** **12:45 p.m.**
Grand Island Golden Age Center, 773-9682 to register

## History of the Aviation Industry in Western New York

Aviation and aerospace companies like Bell Aerospace, Curtiss-Wright, and others were once a vital part of this region. Learn about the men behind these companies including aviation pioneer Glen Curtiss, industrialist Larry Bell, and inventor Bill Moog.

**Instructor: Hugh Neeson, former vice president of Bell Aerospace Company, and director of the Niagara Aerospace Museum**

**Thursday, September 29** **12:45 p.m.**
Springville Concord Elder Network, 592-2768 to register

## In the Dark Streets of Christmas 1941 to the Glad Tidings of Christmas 1945

In 1941, as Europe and Asia were engulfed in war, our nation was officially isolationist – until we too were plunged into the war on December 7. At war's end in 1945, a broken world looked to our country for sustenance, and the U.S. became the most powerful nation on earth. We'll focus on the usually happy Christmas season to show the depth of the changes in our society.

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

**Monday, October 17** **10 a.m.**
Grand Island Golden Age Center, 773-9682 to register

## The Knox Family and Knox Farm

The Seymour H. Knox family has made significant contributions to the business, educational, cultural, and artistic legacy of Western New York since the late 1800s. We'll discuss the S.H. Knox 5&10 stores (later F.W. Woolworths), the establishment of the Albright-Knox Art Gallery, the founding of the Buffalo Sabres hockey team, and the transformation of the family's summer estate into Knox Farm State Park.

**Instructor: Gerry Halligan, writer of books on local history and involved in local history tours; retired special education teacher/vocational trainer for the Buffalo Public Schools**

**Wednesday, October 12** **1 p.m.**
Town of Aurora Senior Center, 652-7934 to register

**Monday, October 24** **1:30 p.m.**
Clarence Senior Center, 633-5138 to register

## Lackawanna 1900-1949

Lackawanna, NY was once known as Limestone Hill and considered part of West Seneca. Since the word "Lackawanna" means a "stream that forks" we'll look at the two significant factors that led to its creation: Father Nelson Baker and the steel industry, along with interconnected stories of the immigrant cultures who settled in Lackawanna, seeking the American Dream.

**Instructor: Gerry Halligan, writer of books on local history; involved in local history tours; retired special education teacher/vocational trainer for the Buffalo Public Schools**

**Thursday, October 20** **2 p.m.**
Baptist Manor, 819-1820 to register
*(class listings continue in next column)*

## Lackawanna 1900-1949 (continued)

**Tuesday, November 1** **8 p.m.**
Canterbury Woods, 929-5823 to register

**Monday, November 14** **1:30 p.m.**
Orchard Park Senior Center, call 662-6452 to register

**Tuesday, December 6** **1 p.m.**
Amherst Senior Center, 636-3055, ext. 3108 to register

## Mary Todd Lincoln: The Agony and the Ecstasy of the "Hellcat"

Mary, the wife of President Abraham Lincoln, was marked by controversy and tragedy. She outlived three of her four sons, as well as her husband. Her contemporaries called her witty, pleasant, cultured, and insightful, but also high-strung, devious, petulant, and sharp-tongued. While First Lady, she was dubbed the "Hellcat" by White House staffers. Was Mary Todd Lincoln mentally ill, or an eccentric with an ahead-of-her-time independent streak?

**Instructor: Norm Mineo, retired banker and history enthusiast**

**Tuesday, October 4** **12:45 p.m.**
Springville Concord Elder Network, 592-2768 to register

**Wednesday, October 12** **8 p.m.**
Canterbury Woods, 929-5823 to register

## The Occupation of France in World War II

The "divided" years after the German invasion of France in 1940 will be explored with excerpts from the documentary France Divisée. Both collaborators and resisters are seen through the eyes of seven French people: four Holocaust survivors, two historians, and a leader of the French Resistance.

**Instructor: Eileen Angelini, PhD, Fulbright Scholar, and Chevalier dans l'Ordre des Palmes Académiques**

**Friday, October 14** **10 a.m.**
Grand Island Golden Age Center, 773-9682 to register

**Monday, November 21** **1:30 p.m.**
Orchard Park Senior Center, 662-6452





## The Psychic Highway: How the Erie Canal Changed America

The opening of the Erie Canal in the 19th century intertwined with the historical, religious, and social issues of the day. This powerful waterway carried a flotilla of radicals, visionaries, social reformers, and prophets bent on the idea of creating a new society.

**Instructor: Michael Keene, enthusiast of 19th century Western New York history**

**Wednesday, November 2** **1 p.m.**
Town of Aurora Senior Center, 652-7934 to register

## Rock' N' Roll Buffalo

A review of the musicians, bands, DJs, clubs, concert halls, and personalities that brought rock music to the Buffalo area. Starting with the beginning of rock' n' roll in the 1950s, the presentation will focus on rock music, but will cover all styles of music performed in Western New York through the mid 1980s.

**Instructor: Rick Falkowski, involved with Western New York music for more than 50 years, founder of the Buffalo Music Hall of Fame and Buffalo Music Awards**

**Friday, October 21** **1:30 p.m.**
Orchard Park Senior Center, call 662-6452 to register

**Tuesday, November 22** **1 p.m.**
Cheektowaga Senior Center, 686-3930 to register

## The Roycroft, Elbert Hubbard, and the Roycrofters

Walk down memory lane at the historic Roycroft Campus. This presentation will blend the past and the present regarding the American Arts and Crafts Movement and the influence of Elbert Hubbard, his wives, and the many Roycrofters at the turn of the century. Why did Elbert Hubbard come to Western New York? Why did he move to East Aurora? Why did his daughter Miriam call her Mom "Aunt Alice?"

**Instructor: Linda Ulrich-Hagner, trustee of the Aurora Historical Society; docent at the Roycroft Inn and Campus.**

**Wednesday, November 16** **8 p.m.**
Canterbury Woods, 929-5823 to register

## Understanding Franco-American History and Culture

This presentation will explore the French influence in North America from the times of King Louis IV. We'll discuss the king's daughters in New France, the fur trappers and miners that helped to settle the midwest and gave birth to Pawpaw French, the Cajuns of Louisiana, and the Francos in the New England mill towns.

**Instructor: Eileen Angelini, PhD, Fulbright Scholar and Chevalier dans l'Ordre des Palmes Académiques**

**Tuesday, December 13** **1 p.m.**
Amherst Senior Center, 636-3055, ext. 3108 to register

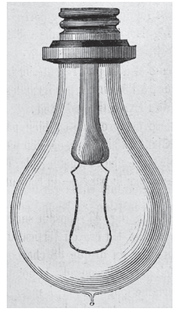
## The Vel d'Hiv Round-up

On July 16, 1942 in occupied Paris, more than 13,000 French Jews were arrested by French police. The victims were held in deplorable conditions at the Vélodrome d'Hiver or "Vel d'Hiv" — an indoor cycling stadium — until they were sent to detainment camps outside of Paris. Learn about the detailed planning by the Vichy government behind the round-up, and how the French government and people have since dealt with the pain and shame of this traumatic event.

**Instructor: Eileen Angelini, PhD, Fulbright Scholar and Chevalier dans l'Ordre des Palmes Académiques**

**Thursday, November 17** **6:30 p.m.**
Ken-Ton Presbyterian Village, 874-6070, ext. 18 to register

## The War of Currents



Two feuding inventor geniuses, Thomas Edison and Nikola Tesla, waged a "war of currents" in the 1880s over whose electrical system would power the world. Learn about the feud and invention of the universal electrical system at Niagara Falls.

**Instructor: Jack Foran, freelance writer, former newspaper reporter and technical writer, and former editor for several area environmental and engineering firms**

**Thursday, October 27** **8 p.m.**
Canterbury Woods, 929-5823 to register

## Alas, Poor Ghost: The 21st Century Supernatural

Most Americans get all their impressions about ghosts, extra sensory perception (ESP), and other supernatural topics from entertainment sources, such as TV, movies, and fiction. An alternate picture is out there, and it is one open only to specialists – until now. Join us for an overview of the 21st century supernatural, based on research, folklore, encounters, philosophy, and eyewitness reports.

**Instructor: Mason Winfield, author of 10 books on the supernatural and paranormal in upstate New York**

**Tuesday, November 1** **12:45 p.m.**
Springville Concord Elder Network, 592-2768 to register

**Monday, November 28** **1:30 p.m.**
Clarence Senior Center, 633-5138 to register

## Jack London's "To Build a Fire"

Explore this tragic tale of a man who decides to travel alone through the Yukon in subfreezing temperatures, and falls victim to the unrelenting and unforgiving power of nature. Why doesn't London give the protagonist a name? How do the setting, imagery, and irony in the story emphasize his theme of man's solitary existence in a hostile universe?

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

**Thursday, October 13** **1 p.m.**
Amherst Senior Center, 636-3055, ext. 3108 to register

**Tuesday, November 15** **2 p.m.**
Baptist Manor, 819-1820 to register

## The Meaning behind the Words: The Poetry of Robert Frost

A four-time Pulitzer Prize winner, Robert Frost is considered by critics to be one of the greatest modern American poets. He is known for his use of colloquial language and vivid images of rural life. We will examine *Stopping by the Woods on a Snowy Evening*, *The Road Not Taken*, *Apple Picking Time*, and *Mending Wall* to illustrate that what looks simple in Frost's poetry is really not.

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

**Thursday, October 6** **1 p.m.**
Hamburg Senior Community Center, 646-0665 to register

## Moved to Write

Using breath and slow movement, a yoga teacher and writing teacher will use simple techniques to relax your mind and body in order to access memory and imagination.

Then, using short passages from memoirs, we will work on creative, open-ended writing. No yoga or writing experience necessary. Just come with paper, pencil, and an open mind.

**Instructors: Kathy Shoemaker, certified yoga instructor and Linda Drajem, writer and retired writing teacher**

**Thursday, October 13** **12:45 p.m.**
Springville Concord Elder Network, 592-2768 to register

**Thursday, October 27** **12:30 p.m.**
Grand Island Golden Age Center, 773-9682 to register

**Friday, October 28** **10 a.m.**
Cheektowaga Senior Center, 686-3930 to register

## Sinclair Lewis and "It Can't Happen Here"

In the 1930s, renowned American author Sinclair Lewis and his wife, journalist Dorothy Thompson, visited Germany and noted with alarm the rise of Hitler and Nazism. In an effort to warn his fellow citizens about the events happening in Europe, he penned *It Can't Happen Here* — a novel about a small town newspaper editor who tries to stop a right-wing takeover in the country. Lewis' little-remembered novel is an important reminder of how fragile our democracy can be given the right circumstances.

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

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

**Tuesday, October 25** **2 p.m.**
Baptist Manor, 819-1820 to register

**Tuesday, November 22** **8 p.m.**
Canterbury Woods, 929-5823 to register





## Victor Hugo: The Man behind Les Misérables

French poet, novelist, and dramatist Victor Hugo's life story, with spectacular shifts in status and fortune, is in some ways similar to that of his Les Miserables hero, Jean Valjean. At the age of 29, the publication of *The Hunchback of Notre Dame* made him famous around Europe, but his personal life was beset with tragedy and drama. After Napoleon's fall in 1870, and the huge success of Les Misérables, Hugo returned to Paris as a people's hero. When he died in 1885, two million people joined his funeral procession.

**Instructor: Eileen Angelini, PhD, Fulbright Scholar and Chevalier dans l'Ordre des Palmes Académiques**

**Wednesday, November 30** **1 p.m.**
Cheektowaga Senior Center, 686-3930 to register

## What is Islamic Art?

The Dome of the Rock, the Taj Mahal, a silk carpet, a Qur'an — all of these are examples of Islamic art. But what is it? Islamic art is not a monolithic style or movement; it spans 1,300 years of history and has incredible geographic diversity. We'll look at beautiful examples to find recurring and significant colors, geometric and vegetative motifs, and architectural characteristics such domes, minarets, and arches.

**Instructor: Faizan Haq, professor, Asian studies, SUNY Buffalo; founder and publisher of wnymuslims.org**

**Monday, October 24** **1:30 p.m.**
Orchard Park Senior Center, 662-6452 to register

## Write Your Own Story

We are all curious about others' lives, as evidenced by the popularity of memoirs, such as *Angela's Ashes* by Frank McCourt and *Bossypants* by Tina Fey. We'll talk about brief selections from these memoirs as well as from memoirs by Maya Angelou and others. As a class participant you will be given time to write a story about your own life. No prior writing experience needed. No necessity to share with others.

**Instructor: Linda Drajem, writer and retired writing teacher**

**Wednesday, October 26** **10:30 a.m.**
Hamburg Senior Community Center, 646-0665 to register

**Thursday, November 3** **2:00 p.m.**
Baptist Manor, 819-1820 to register

## healthy tip

Exercise is an important part of a healthy lifestyle. Talk to your doctor about ways to add more physical activity to your day.

RSVP
RETIRED & SENIOR VOLUNTEER PROGRAM
**858-7548**

## Volunteer Drivers Needed!


**Many people need help** getting to an appointment, grocery shopping, or getting their meals delivered. **Call the Retired & Senior Volunteer Program (RSVP)** to find out how to become a volunteer driver at an agency near you. **Want to serve in other ways?** Join RSVP!

Adults age 55+ can participate, including teaching a class with University Express! We'll do our best to match your skills and interests with the right opportunity.

**To learn more, please call RSVP at 858-7548.**

## Arthritis and Degenerative Disorders of the Hip and Knee

Arthritis, previous injuries, and other joint conditions can interfere with just about every aspect of life. We'll discuss what causes joint pain, and explore treatment options to get relief and regain function.

**Instructor: Dr. Matthew Mann, surgeon, Excelsior Orthopaedics**

**Thursday, November 3** **1 p.m.**

Grand Island Golden Age Center, 773-9682 to register

## Birds of Prey in Western New York

Examine the characteristics and natural history of local "raptors" such as hawks, falcons, and owls while viewing real life examples. We'll discuss the process of wildlife rehabilitation, including what to do to help an injured wild animal, and what not to do if you come upon injured wildlife.

**Instructor: Marianne Hites, Messinger Woods Wildlife Care and Education Center, wildlife rehabilitator specializing in birds of prey**

**Tuesday, November 15** **12:45 p.m.**

Grand Island Golden Age Center, 773-9682 to register

**Thursday, November 17** **12:45 p.m.**

Springville Concord Elder Network, 592-2768 to register

## Chronic Pain

Are you coping with chronic pain? Learn to have a better understanding of where pain comes from, how to best describe pain, strategies for managing it, different treatments available, and how to prevent pain.

**Instructor: Frank Pietrantoni, Wegmans pharmacist**

**Thursday, December 1** **10 a.m.**

Cheektowaga Senior Center, 686-3930 to register

Excelsior Orthopaedics healthy tip

Use a ladder or step stool to reach something up high. Never lean too far over when you are on a ladder.

## Diabetes Self-Care

Diabetes is a complicated disease, and managing it every day can be a challenge. Taking the right medication, being active, and eating properly will be addressed in this class to help you manage your diabetes.

**Instructor: Colleen Moser, Wegmans pharmacist**

**Thursday, November 10** **1 p.m.**

Amherst Senior Center, 636-3055, ext. 3108 to register

## Medication Safety

Managing your medications, making sure they are a safe combination, and keeping them affordable can be a big challenge. Learn some tips on how to make sure your medications are administered safely and strategies for managing side effects.

**Instructor: Frank Pietrantoni, Wegmans pharmacist**

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

Hamburg Senior Community Center, 646-0665 to register

## Non-Arthritic Hip Pain

Of all the major joints, the hip remains the most difficult to evaluate for most orthopaedic clinicians. For those struggling with hip pain not caused by arthritis, determining the underlying cause is an important part of treatment. We'll discuss possible causes of hip pain and non-surgical and surgical treatment options to help regain function.

**Instructor: Dr. Ryan Wilkins, surgeon, Excelsior Orthopaedics**

**Monday, October 17** **1:30 p.m.**

Clarence Senior Center, 633-5138 to register

## Orthopaedic Implants — History, Material, Recalls and What Makes Them Different?

An historical look at the evolution of medical implants from where we first started to where we are today. This class will offer the opportunity to see and feel real implants and talk about the pros and cons of the various options offered today.

**Instructor: Dr. Nicholas Violante, surgeon, Excelsior Orthopaedics**

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

Hamburg Senior Community Center, 646-0665 to register

**Wednesday, November 30** **8 p.m.**

Canterbury Woods, 929-5876 to register





## Parkinson's 101

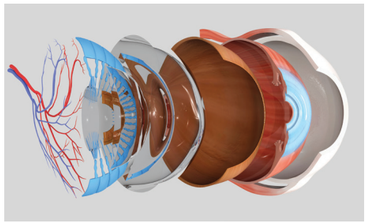
Parkinson's disease strikes Western New York particularly hard. We will discuss what Parkinson's disease is, the signs and symptoms, who it strikes, and the causes and current treatments. We'll also look at the promising research efforts that are underway.

**Instructor: Christopher Jamele, executive director, National Parkinson Foundation of Western New York**

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

Hamburg Senior Community Center, 646-0665 to register

## Retinal Diseases



We'll discuss various retinal diseases, such as diabetic retinopathy, macular degeneration, retinal detachment, and more. What are the signs, symptoms, and prognosis? What can be done to treat each disease? We'll also define the differences between an optometrist and ophthalmologist.

**Instructor: Dr. Saralyn Notaro Rietz of Back of the Eye, who specializes in retinal diseases**

**Wednesday, October 19** **8 p.m.**

Canterbury Woods, 929-5823 to register

## Science or Superstition?

For years, we were told to choose skim milk over whole milk, and margarine over butter to reduce the risk of heart disease, but now these recommendations seem to be turned upside down. What's behind the big change? We'll look at the heated scientific debate around saturated fats and heart disease. We'll explore the results of several important studies, along with some of the criticisms leveled at them, and help you to make sense out of the contradictory advice.

**Instructor: Bruce Small, retired physician, internal medicine**

**Friday, October 14** **1:30 p.m.**

Clarence Senior Center, 633-5138 to register

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

Cheektowaga Senior Center, 686-3930 to register

**Monday, October 31** **8 p.m.**

Canterbury Woods, 929-5823 to register

## Statins

They are one of the most widely used drugs for cholesterol. What does research show about the effectiveness, risks, and benefits of statins? How does the effectiveness of statins compare to the effectiveness of preventive lifestyle changes that support heart health, like eating right and exercising?

**Instructor: Frank Pietrantoni, Wegmans pharmacist**

**Thursday, November 10** **8 p.m.**

Canterbury Woods, 929-5823 to register

**Monday, November 28** **1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

## Taking the Mystery Out of Your Trip to the Pharmacy

Have you ever gone to the pharmacy and heard terms like "preauthorization," "donut hole," or "non-formulary" and wondered why you can't fill the prescription your doctor ordered? Prescription drug benefits are complicated. Learn what these terms mean and strategies that will allow you start your medications sooner. .

**Instructor: Frank Pietrantoni, Wegmans Pharmacist**

**Thursday, November 3** **1 p.m.**

Amherst Senior Center, 636-3055, ext. 3108 to register

**Thursday, November 10** **6 p.m.**

Ken-Ton Presbyterian Village, 874-6070, ext. 18 to register

Wegmans healthy tip

When shopping for beef, pork, poultry, or seafood, aim for 90% lean or better.

## Baking With Herbs

Learn eight different ways to enhance your everyday baking with herbs. Includes recipes, demonstrations, and tasting samples.

**Instructor: Judy Ragona, owner/operator of Dragonfly Baking, a custom baking business; trained master gardener**

**Friday, November 4** **10 a.m.**

Hamburg Senior Community Center, 646-0665 to register

## Eat Well, Live Well for Lower Blood Pressure

Explore how Wegmans' four Eat Well, Live Well principles help lower blood pressure, and see how living the principles can have a greater impact than any medication.

**Instructor: Krista Lennox, Wegmans nutritionist**

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

Baptist Manor, 819-1820 to register

## The Food Label


Understanding food labels is the key to smart shopping. Learn how to make sense of the food label, read the ingredients list, and decipher front-of-package health claims. We'll also review the upcoming changes to the Nutrition Facts label.

**Instructor: Jennifer Johnson, wellness coordinator, BlueCross BlueShield**

**Thursday, November 3** **10 a.m.**

Cheektowaga Senior Center, 686-3930 to register

## Living Gluten-Free


Join us as we set the record straight on gluten. Learn what gluten is and who needs to avoid it, and discover how Wegmans makes living gluten-free easy.

**Instructor: Krista Lennox, Wegmans nutritionist**

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

Cheektowaga Senior Center, 686-3930 to register

## The Mediterranean Diet

The media and medical communities tout the Mediterranean Diet as the way to go. What is the Mediterranean Diet and how can you incorporate it into your lifestyle?


**Instructor: Jennifer Johnson, wellness coordinator, BlueCross BlueShield**

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

Amherst Senior Center, 636-3055 ext. 3108 to register

**Thursday, October 27** **12:45 p.m.**

Springville Concord Elder Network, 592-2768 to register

**Friday, October 28** **1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register





## Mindfulness — A Path of Healing

Mindfulness is about paying attention and living your life in the richness of the present moment. Come explore the practice of mindfulness and its relationship to our health and well-being. Recent scientific studies and a guided meditation will be shared. No previous meditation experience required.

**Instructor: Annette DeNies, LMSW, mindfulness-based stress reduction teacher; University of Massachusetts Medical School, Center for Mindfulness**

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

Amherst Senior Center, 636-3055, ext. 3108 to register

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

Cheektowaga Senior Center, 686-3930 to register

**Thursday, November 3** **6 p.m.**

Ken-Ton Presbyterian Village, 874-6070 ext. 18 to register

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

Springville Concord Elder Network, 592-2768 to register

**Wednesday, December 7** **1 p.m.**

Town of Aurora Senior Center, 652-7934 to register

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


Older adults are often encouraged to use techniques such as turning over control of a house or account to children or other family members, gifting to others, and assigning powers of attorney as strategies in their estate and financial planning. Such techniques can be effective if used in the right place at the right time with the right people, but can cause serious harm, including the loss of important tax advantages. We'll discuss advantages and disadvantages of these tools.

**Instructor: Valerie Stanek, Esq. is an attorney practicing in the area of wills, trusts, estates and elder law**

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

Cheektowaga Senior Center, 686-3930 to register

**Monday, November 14** **1 p.m.**

Hamburg Senior Community Center, 646-0665 to register

**Friday, December 9** **1 p.m.**

Amherst Senior Center, 636-3055, ext. 3108 to register

## Sodium Savvy

Learn what sodium is and why it is a concern. Also learn tips for reading nutrition labels, comparing products, and reducing sodium without sacrificing flavor.

**Instructor: Krista Lennox, Wegmans nutritionist**

**Friday, October 21** **10 a.m.**

Amherst Senior Center, 636-3055 ext. 3108 to register

**Monday, November 7** **1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

## 10 Things Every Caregiver Should Know

As a caregiver, sometimes it's hard to know where to start. Sometimes people slide gradually into the role of caregiving while others enter the role abruptly. Regardless of how you got here, there are important steps that you can take to make life a little easier.

**Instructor: Sarah Harlock, program director, Alzheimer's Disease Assistance Center of Western New York, SUNY Buffalo**

**Monday, November 14** **1 p.m.**

Amherst Senior Center, 636-3055, ext. 3108 to register

## Wegmans Cooking School

In this 90-minute class, you'll learn the benefits of a Mediterranean diet. The class includes a light lunch, tasty samples, and nutritional information from a Wegmans nutritionist. A fee of $15 per person is due prior to class, and can be paid at the Wegmans on Sheridan Drive's Catering Desk. Limit of 16 participants. Pre-registration is required by calling the catering desk at 631-4370.

**Instructor: Krista Lennox, MA, RDN, CDN, Wegmans Chef**

**Monday, October 3** **10:30.m.**

Wegmans Sheridan Drive Cooking School Room
5275 Sheridan Drive

## Why Water?

We'll discuss the importance of drinking plenty of water, compare water to other beverages, and the symptoms of dehydration.

**Instructor: Marissa Waggoner, BlueCross BlueShield**

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

Amherst Senior Center, 636-3055, ext. 3108 to register

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

Grand Island Golden Age Center, 773-9682 to register

## AMHERST SENIOR CENTER • 370 JOHN J. AUDUBON PARKWAY
## REGISTER AT 636-3055, EXT. 3108

| Day | Date | Time | Topic |
|---|---|---|---|
| Monday | October 3 | 1 p.m. | The Opiate Epidemic in Erie County |
| Tuesday | October 4 | 1 p.m. | Mindfulness: A Path of Healing |
| Thursday | October 6 | 1 p.m. | Prescription Drug Abuse: An Historical Perspective |
| Thursday | October 13 | 1 p.m. | Jack London's "To Build a Fire" |
| Friday | October 14 | 1 p.m. | The Mediterranean Diet |
| Wednesday | October 19 | 1 p.m. | The New World of News |
| Friday | October 21 | 10 a.m. | Sodium Savvy |
| Tuesday | October 25 | 1 p.m. | Commodore Perry, President Fillmore, and the Opening of Japan in 1854 |
| Tuesday | November 1 | 1 p.m. | About Roundabouts |
| Wednesday | November 2 | 1 p.m. | Why Water? |
| Thursday | November 3 | 1 p.m. | Taking the Mystery Out of Your Trip to the Pharmacy |
| Monday | November 7 | 1 p.m. | Black Gospel Music: Yesterday and Today |
| Thursday | November 10 | 1 p.m. | Diabetes Self-Care |
| Monday | November 14 | 1 p.m. | Ten Things Every Caregiver Should Know |
| Wednesday | November 16 | 1 p.m. | Abandoned: Orphanages in New York |
| Thursday | November 17 | 1 p.m. | Diversity in Israel |
| Friday | November 18 | 1 p.m. | When Prisoners are Patients |
| Thursday | December 1 | 1 p.m. | Buffalo-Niagara: Past, Present, and Future |
| Tuesday | December 6 | 1 p.m. | Lackawanna 1900-1949 |
| Friday | December 9 | 1 p.m. | Should I Turn Things Over to My Children? Joint Accounts, Life Estates, and Powers of Attorney |
| Tuesday | December 13 | 1 p.m. | Understanding Franco-American History and Culture |

## BAPTIST MANOR • 276 LINWOOD AVENUE, BUFFALO
## REGISTER AT 819-1820

| Day | Date | Time | Topic |
|---|---|---|---|
| Tuesday | October 11 | 2 p.m. | Black Gospel Music-Yesterday and Today |
| Thursday | October 20 | 2 p.m. | Lackawanna 1900-1949 |
| Friday | October 21 | 2 p.m. | Human Rights and Human Wrongs |
| Tuesday | October 25 | 2 p.m. | Sinclair Lewis and "It Can't Happen Here" |
| Thursday | October 27 | 2 p.m. | Acadian to Cajun: The Great Deportation from Nova Scotia to Louisiana |
| Thursday | November 3 | 2 p.m. | Write Your Own Story |
| Monday | November 7 | 2 p.m. | Abandoned: Orphanages in New York State |
| Tuesday | November 15 | 2 p.m. | Jack London's "To Build a Fire" |
| Thursday | November 17 | 2 p.m. | Eat Well, Live Well for Lower Blood Pressure |





## CANTERBURY WOODS • 705 RENAISSANCE DRIVE, WILLIAMSVILLE
## REGISTER AT 929-5823

| Day | Date | Time | Topic |
|---|---|---|---|
| Wednesday | October 12 | 8 p.m. | Mary Todd Lincoln: The Agony and the Ecstasy of the Hellcat |
| Wednesday | October 19 | 8 p.m. | Retinal Diseases |
| Monday | October 24 | 8 p.m. | Early Buffalo Music and Entertainment |
| Tuesday | October 25 | 8 p.m. | Commodore Perry, President Fillmore, and the Opening of Japan in 1854 |
| Thursday | October 27 | 8 p.m. | The War of Currents |
| Monday | October 31 | 8 p.m. | Science or Superstition? |
| Tuesday | November 1 | 8 p.m. | Lackawanna 1900-1949 |
| Wednesday | November 9 | 8 p.m. | The Colored Musicans Club |
| Thursday | November 10 | 8 p.m. | Statins |
| Monday | November 14 | 8 p.m. | Brexit: What Happens Now? |
| Wednesday | November 16 | 8 p.m. | The Roycroft, Elbert Hubbard, and the Roycrofters |
| Tuesday | November 22 | 8 p.m. | Sinclair Lewis and "It Can't Happen Here" |
| Wednesday | November 23 | 8 p.m. | What's Ahead for Africa? |
| Wednesday | November 30 | 8 p.m. | Orthopaedic Implants — History, Material, Recalls and What Makes Them Different? |

## CHEEKTOWAGA SENIOR CENTER • 3349 BROADWAY
## REGISTER AT 686-3930

| Day | Date | Time | Topic |
|---|---|---|---|
| Friday | October 14 | 10 a.m. | Boots, Bootleggers, and Patriots |
| Friday | October 14 | 1 p.m. | Living Gluten-Free |
| Tuesday | October 18 | 10 a.m. | Mindfulness - A Path to Healing |
| Tuesday | October 18 | 1 p.m. | The Opiate Epidemic in Erie County |
| Tuesday | October 25 | 1 p.m. | Science or Superstition? |
| Friday | October 28 | 10 a.m. | Moved to Write |
| Friday | October 28 | 1 p.m. | Should I Turn Things Over to My Children? Joint Accounts, Life Estates, and Powers of Attorney |
| Thursday | November 3 | 10 a.m. | The Food Label |
| Monday | November 21 | 10 a.m. | About Roundabouts |
| Tuesday | November 22 | 1 p.m. | Rock' N' Roll Buffalo |
| Wednesday | November 30 | 1 p.m. | Victor Hugo: The Man Behind Les Misérables |
| Thursday | December 1 | 10 a.m. | Chronic Pain |

## CLARENCE SENIOR CENTER • 4600 THOMPSON ROAD
## REGISTER AT 633-5138

| Day | Date | Time | Topic |
|---|---|---|---|
| Friday | October 14 | 1:30 p.m. | Science or Superstition? |
| Monday | October 17 | 1:30 p.m. | Non-Arthritic Hip Pain |
| Monday | October 24 | 1:30 p.m. | The Knox Family and Knox Farm |
| Tuesday | October 25 | 1:30 p.m. | Diversity in Israel |
| Friday | November 4 | 1:30 p.m. | Abandoned: Orphanages in New York State |
| Wednesday | November 9 | 1:30 p.m. | The New World of News |
| Tuesday | November 15 | 1:30 p.m. | Human Rights and Human Wrongs |
| Friday | November 18 | 1:30 p.m. | Early Buffalo Music and Entertainment |
| Monday | November 21 | 1:30 p.m. | Brexit: What Happens Now? |
| Monday | November 28 | 1:30 p.m. | Alas, Poor Ghost: The 21st Century Supernatural |

## Class Listings by Facility

### GRAND ISLAND GOLDEN AGE CENTER • 3278 WHITEHAVEN ROAD
### REGISTER AT 773-9682

| Day | Date | Time | Topic |
|---|---|---|---|
| Thursday | October 6 | 12:45 p.m. | Buffalo City Hall |
| Friday | October 14 | 10 a.m. | Occupation of France in World War II |
| Monday | October 17 | 10 a.m. | In the Dark Streets of Christmas 1941 to the Glad Tidings of Christmas 1945 |
| Tuesday | October 18 | 12:45 p.m. | Guaranty Building |
| Thursday | October 27 | 12:30 p.m. | Moved to Write |
| Thursday | November 3 | 1 p.m. | Arthritis and Degenerative Disorders of the Hip and Knee |
| Tuesday | November 15 | 12:45 p.m. | Birds of Prey in Western New York |
| Tuesday | November 29 | 10 a.m. | Why Water? |

### HAMBURG SENIOR COMMUNITY CENTER • 4540 SOUTHWESTERN BOULEVARD
### REGISTER AT 646-0665

| Day | Date | Time | Topic |
|---|---|---|---|
| Thursday | October 6 | 1 p.m. | The Meaning Behind the Words: The Poetry of Robert Frost |
| Friday | October 7 | 10:30 a.m. | Parkinson's 101 |
| Friday | October 14 | 10:30 a.m. | Early Buffalo Music and Entertainment |
| Friday | October 21 | 10:30 a.m. | Buffalo-Niagara: Past, Present, and Future |
| Wednesday | October 26 | 10:30 a.m. | Write Your Own Story |
| Thursday | October 27 | 10:30 a.m. | The Erie County Fair: 176 Years of Tradition, Agriculture, and Excitement |
| Friday | November 4 | 10 a.m. | Baking With Herbs |
| Wednesday | November 9 | 10:30 a.m. | Disappearing Act: What Happened to the Middle Class? |
| Thursday | November 10 | 10:30 a.m. | Orthopaedic Implants — History, Material, Recalls and What Makes Them Different? |
| Monday | November 14 | 1 p.m. | Should I Turn Things Over to My Children? Joint Accounts, Life Estates, and Powers of Attorney |
| Friday | November 18 | 10:30 a.m. | Medication Safety |

### KEN-TON PRESBYTERIAN VILLAGE • 3735 DELAWARE AVENUE
### REGISTER AT 874-6070, EXT. 18

| Day | Date | Time | Topic |
|---|---|---|---|
| Thursday | November 3 | 6 p.m. | Mindfulness - A Path to Healing |
| Thursday | November 10 | 6 p.m. | Taking the Mystery Out of Your Trip to the Pharmacy |
| Thursday | November 17 | 6:30 p.m. | The Vel d'Hiv Round-up |



## Class Listings by Facility

### ORCHARD PARK SENIOR CENTER • 70 LINWOOD AVENUE
### REGISTER AT 662-6452

| Day | Date | Time | Topic |
|---|---|---|---|
| Monday | October 3 | 1:30 p.m. | Sinclair Lewis and "It Can't Happen Here" |
| Friday | October 7 | 1:30 p.m. | The Opiate Epidemic in Erie County |
| Friday | October 14 | 1:30 p.m. | Abandoned: Orphanages in America |
| Monday | October 17 | 1:30 p.m. | Black Gospel Music - Yesterday and Today |
| Friday | October 21 | 1:30 p.m. | Rock' N' Roll Buffalo |
| Monday | October 24 | 1:30 p.m. | What is Islamic Art? |
| Friday | October 28 | 1:30 p.m. | The Mediterranean Diet |
| Friday | November 4 | 1:30 p.m. | Brexit: What Happens Now? |
| Monday | November 7 | 1:30 p.m. | Sodium Savvy |
| Monday | November 14 | 1:30 p.m. | Lackawanna 1900-1949 |
| Friday | November 18 | 1:30 p.m. | About Roundabouts |
| Monday | November 21 | 1:30 p.m. | Occupation of France in World War II |
| Monday | November 28 | 1:30 p.m. | Statins |

### SPRINGVILLE CONCORD ELDER NETWORK • 40 COMMERCE DRIVE
### REGISTER AT 592-2768

| Day | Date | Time | Topic |
|---|---|---|---|
| Thursday | September 29 | 12:45 p.m. | History of the Aviation Industry in Western New York |
| Tuesday | October 4 | 12:45 p.m. | Mary Todd Lincoln: The Agony and the Ecstasy of the "Hellcat" |
| Thursday | October 6 | 12:45 p.m. | Abandoned: Orphanages in New York State |
| Thursday | October 13 | 12:45 p.m. | Moved to Write |
| Thursday | October 20 | 12:45 p.m. | The Opiate Epidemic in Erie County |
| Thursday | October 27 | 12:45 p.m. | The Mediterranean Diet |
| Tuesday | November 1 | 12:45 p.m. | Alas, Poor Ghost: The 21st Century Supernatural |
| Thursday | November 10 | 12:45 p.m. | Early Buffalo Music and Entertainment |
| Wednesday | November 16 | 10:30 a.m. | Mindfulness: a Path of Healing |
| Thursday | November 17 | 12:45 p.m. | Birds of Prey in Western New York |

### TOWN OF AURORA SENIOR CENTER • 101 KING STREET
### REGISTER AT 652-7934

| Day | Date | Time | Topic |
|---|---|---|---|
| Wednesday | October 12 | 1 p.m. | The Knox Family and Knox Farm |
| Wednesday | November 2 | 1 p.m. | The Psychic Highway: How the Erie Canal Changed America |
| Wednesday | December 7 | 1 p.m. | Mindfulness: A Path of Healing |

### WEGMANS • 5275 SHERIDAN DRIVE
### REGISTER AT 631-4370

| Day | Date | Time | Topic |
|---|---|---|---|
| Monday | October 3 | 10:30 a.m. | Cooking Class - Sheridan Drive - 90 minutes |

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