

# UNIVERSITY EXPRESS

SPRING  
2018



"Lifelong Learning for Adults Age 55+"

ERIE COUNTY DEPARTMENT  
OF SENIOR SERVICES  
NY CONNECTS

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## FREE CLASSES

ON CURRENT AFFAIRS,  
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- Amherst Senior Center
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- The Dale Association
- Grand Island Golden Age Center
- The GreenFields Continuing Care Community
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- Town of Aurora Senior Center
- Town of Evans Senior Center
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# Welcome to University Express, Spring 2018 Edition

Dear Friends,

Lifelong learning is an essential element in our vision of an age-friendly community where older adults and their families thrive.

We are very proud of the vibrant learning space University Express has created, where seniors can pursue new interests, expand intellectual horizons, and enrich their lives. The incredible growth of the program is a testament to the quality of our instructors, topics, and audiences. With the support of our sponsors, we are reaching even more people with a great lineup of fun and fascinating classes in both Erie and Niagara counties.

Older adults can be at risk of loneliness and isolation. University Express classes provide both intellectual benefits and opportunities for meaningful social engagement. As one of our students told us, “Besides stimulating my interest in several subjects, the classes provide valuable topics of conversation and a chance to make new friends!”

We appreciate your feedback and help in letting family and friends know about our lifelong learning classes.



**Timothy R. Hogue**

Commissioner  
Erie County Department  
of Senior Services



**ERIE COUNTY DEPARTMENT  
OF SENIOR SERVICES**



## University Express

### Classes are fun!

Join other like-minded adults interested in learning new things and having lively discussions – all in a fun environment.

Classes are typically 45-60 minutes, followed by a question and answer session.

#### To sign up, here's all you do:

1. Find a class (or several) that meet your interests.
2. Call the location where the class is offered to register and reserve your spot. It's that easy!

## DID YOU KNOW?

### May is National Physical Fitness and Sports Month

Regular physical activity is good for everyone's health, and people of all ages and body types can be physically active.

Here are just a few benefits of physical activity:

- **Children and adolescents** – Physical activity can improve muscular fitness, bone health, and heart health. Take a walk with the grandkids, or play ball with them. It's never too late to become active, or too early to encourage future generations to adopt a healthy lifestyle.
- **Adults** – Physical activity can lower the risk of heart disease, type 2 diabetes, and some types of cancer. Take small steps to get started, like beginning a walking program, and build upon your activity each week.
- **Older adults** – Physical activity can lower the risk of falls and improve cognitive functioning (like learning and judgment skills). Check out classes tailored for seniors at your local gyms and community centers.

As always, consult with your doctor before beginning any new physical activity.

Source: [healthfinder.gov](http://healthfinder.gov)





## Cuba: A Land in Transition

With several governmental changes in the past decade, more Americans have taken the opportunity to travel to Cuba. Recently, Roswell Park Comprehensive Cancer Center began working collaboratively with scientists from the Centro de Inmunologia Molecular in Havana, Cuba. Learn about what is happening on this island nation located just 90 miles south of Key West.



**Instructor: Harry Meyer, docent and lecturer, Western New York History and Architecture**

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

Grand Island Golden Age Center, 773-9682 to register

## Inside The FBI's Behavioral Analysis Unit

Hear how the FBI's Behavioral Analysis Unit — think TV show “Criminal Minds” — investigates special cases and how body language is used in solving complex cases. We'll discuss how body language played a role in the presidential debates between Mr. Trump and Mrs. Clinton.

**Instructor: Mike Liwicki, retired FBI special agent specialized in foreign counterintelligence and espionage; director, Corporate Security and Administrative Services, BlueCross BlueShield of Western New York**

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

The GreenFields, 684-8400 to register

## Jerusalem: Then and Now

The status of Jerusalem remains a crucial issue in the ongoing Israeli–Palestinian conflict. For Israelis, it is their “eternal and indivisible” capital. For Palestinians, East Jerusalem is a symbol of their national struggle and home to Islam’s third-most sacred site. We'll examine the history of this divided holy city and the current climate.

**Instructor: Maxine Seller, professor emeritus of Education and History adjunct, University at Buffalo**

**Wednesday, June 20 7:30 p.m.**

Canterbury Woods, 929-5823 to register

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

The GreenFields, 684-8400 to register

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

Orchard Park Senior Center, 662-6452 to register

## Journalism Under Fire: Why It Must Prevail

The president and his political allies contend that journalism is the enemy of the people, and great swaths of the public distrust the news reported to them in newspapers, on television, and on the radio. We'll discuss why that happens, why it's misplaced, and why journalism is one of the pillars of democracy.

**Instructor: Lee Coppola, retired dean of Journalism**

**Friday, May 11 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

**Wednesday, July 25 7:30 p.m.**

Canterbury Woods, 929-5823 to register

## Medical Marijuana

There is increased interest in the effectiveness of marijuana alleviating the symptoms of medical conditions such as multiple sclerosis, HIV/AIDS, and chemotherapy-induced nausea. We'll look at what the research shows and recent developments in marijuana legalization, regulation, and distribution.



**Instructor: Sherry Ann Slazek, Novelli Wellness**

**Thursday, June 7 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

## The New World of News

People used to get their news primarily from the morning newspaper, the radio, 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, and the impact on everything from our understanding of global events to how we choose our leaders.



**Instructors: Rich Kellman, award-winning journalist and TV anchor, and Dave Rosenthal, managing editor, Great Lakes Today, WBFO**

**Tuesday, May 8 2 p.m.**

Hamburg Senior Community Center, 646-0665 to register

## Scams, Fraud, and Identify Theft

The Equifax breach meant that potentially millions of Social Security numbers, driver's license numbers, and other information had been stolen. Seniors are especially at risk for phone scams, according to the FBI. We'll discuss common ways that criminals can take an individual's identity and tips to prevent identity theft.



**Instructor: Sally Hardenburg, Senior Medicare Patrol volunteer**

**Tuesday, May 29 1:30 p.m.**

Clarence Senior Center, 633-5138 to register

**Thursday, July 12 1 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

## Sexual Harassment

Accusations of sexual harassment and sexual abuse continue to grow. Do we understand the problem, the role of the oppressor, and the impact on the victim? Why have women chosen to speak out now? Despite years of corporate training on sexual harassment as a civil rights violation, many women stayed silent out of fear of backlash. As we look forward, what can be done to ensure a nonhostile environment?

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

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

Canterbury Woods, 929-5823 to register

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

Clarence Senior Center, 633-5138 to register

**Tuesday, June 19 2 p.m.**

Baptist Manor, 819-1820 to register

**Wednesday, June 20 1 p.m.**

Cheektowaga Senior Center, 686-3930 to register

## The Silver Tsunami

Our current nursing home system tends to create sterile, lifeless environments for our elders, which in turn fosters loneliness and boredom. Advocates call for a change in the way we build and operate senior housing. We'll examine models that move decision making closer to the elders themselves, and create a vibrant, empowered existence.

**Instructor: Larry Zielinski, executive in residence, Health Care Administration, University at Buffalo School of Management; Jacobs Management Center; past president of Buffalo General Hospital**

**Wednesday, May 23 1:30 p.m.**

Town of Aurora Senior Center, 652-7934 to register

**Thursday, May 24 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

**Friday, May 25 1:30 p.m.**

The GreenFields, 684-8400 to register

**Thursday, May 31 7:30 p.m.**

Canterbury Woods, 929-5823 to register

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

City of Tonawanda Library, 693-5043 to register

**Thursday, June 14 10 a.m.**

Cheektowaga Senior Center, 686-3930 to register

## Tax Reform

What are the real costs of tax reform? The conservative claim of cutting corporate taxes is to stimulate the economy through private growth. The question is, at 4.1% unemployment, how much left is there to grow?

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

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

City of Tonawanda Library, 693-5043 to register

**Tuesday, May 15 10 a.m.**

Cheektowaga Senior Center, 686-3930 to register

**Tuesday, May 15 7:30 p.m.**

Canterbury Woods, 929-5823 to register

**Thursday, May 17 1:30 p.m.**

Hamburg Senior Community Center, 646-0665 to register

**Friday, May 18 1:30 p.m.**

Clarence Senior Center, 633-5138 to register

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

Amherst Senior Center, 636-3055 x3108 to register

## Wegmans healthy tip

A plant-focused diet may help reduce your risk of chronic diseases and promote overall good health. Focus on fruits and veggies, whole grains, nuts and seeds, and liquid oils.



## Threats to the Great Lakes Today

The Great Lakes contain one-fifth of the world's fresh surface water supply and are one of the most ecologically diverse ecosystems on earth.

Although the Lakes are significantly cleaner today than they were during the era of heavy industry, the health of our Lakes is threatened by problems such as climate change, untreated sewage, and invasive species. What is the impact of these threats, and how can they be mitigated?



**Instructor: Dave Rosenthal, managing editor, Great Lakes Today, WBFO**

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

**Thursday, May 10 1:30 p.m.**  
Orchard Park Senior Center, 662-6452 to register

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

**Thursday, May 17 10 a.m.**  
Cheektowaga Senior Center, 686-3930 to register

**Wednesday, June 6 10 a.m.**  
The Dale Association, 433-1886 to register

**Thursday, June 7 1 p.m.**  
Grand Island Golden Age Center, 773-9682 to register

**Monday, June 11 1 p.m.**  
Amherst Senior Center, 636-3055 x3108 to register

**Wednesday, June 13 7:30 p.m.**  
Canterbury Woods, 929-5823 to register

**Monday, June 25 2 p.m.**  
Baptist Manor, 819-1820 to register

**Tuesday, June 26 1:30 p.m.**  
The GreenFields, 684-8400 to register

## To Bitcoin or Not to Bitcoin? That Is the Question: Crypto Current and Beyond

Bitcoin is a new currency that was created in 2009 by an unknown person using the alias Satoshi Nakamoto. Transactions are made with no middle men — meaning, no banks! Is Bitcoin truly anonymous? Can it be taxed? The price of Bitcoin skyrocketed into the thousands in 2017, but does that mean you should consider investing in it?

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

**Thursday, June 14 7:30 p.m.**

Canterbury Woods, 929-5823 to register

## Turkey–U.S. Relations

The U.S. and Turkey have long been allies, with Turkey a critical U.S. ally in the fight against ISIS. But 2017 was one of the most turbulent years in memory for relations between the two countries. Once considered by the West to be a model Muslim democracy, Turkey has continued to become more authoritarian. Will Turkey's changing relations with the U.S. lead to a change in relations with other powers in the Middle East, especially Russia, Saudi Arabia, and Iran?

**Instructor: Mustafa Gokcek, associate professor of History, director of interdisciplinary studies, Niagara University**

**Thursday, June 14 1:30 p.m.**

Orchard Park Senior Center, 662-6452 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, and substance abuse, as well as psychosocial issues.

**Instructor: Dr. Lito Gutierrez, retired medical director, regional medical unit, Wende Correctional Facility, New York State Department of Corrections**

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

Clarence Senior Center, 633-5138 to register

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

Orchard Park Senior Center, 662-6452 to register



**Excelsior**  
Orthopaedics

healthy tip

While exercise can stress your muscles and body, no exercise should hurt during or after. Muscle soreness should go away after 24–48 hours. If you experience extended muscle soreness or joint pain, visit your doctor or an orthopedist.

## Yemen and Saudi Arabia

The ongoing conflict in Yemen has caused widespread destruction and killed thousands of people, with the death toll reaching 10,000 in mid-2017. We'll examine the conflict as part of a regional proxy war, with Iranian-backed Houthi rebels and the Saudi-led coalition supporting Yemen's government. What are the hopes for the end of the civil war and the deepening humanitarian crisis?

**Instructor:** Faizan Haq, lecturer in Asian Studies, SUNY Buffalo; founder and publisher of WNYMuslims.org

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

Orchard Park Senior Center, 662-6452 to register

## HISTORY

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

"Cajun" is a corruption of the word "Acadian." Cajuns are 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 and sent penniless from their home territory in 1755 by the newly ascendant British.

**Instructor:** Eileen M. Angelini, Fulbright Scholar and Chevalier dans L'Ordres des Palmes Académiques

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

Grand Island Golden Age Center, 773-9682 to register

### The Attica Prison Uprising

The Attica prison uprising was the deadliest revolt in U.S. penal history. What happened? Why did it happen? Has it taught us anything about



incarceration in the 45 years since? These are some of the questions that will be answered by a reporter who was there the day the prison was retaken and 38 men lost their lives.

**Instructor:** Lee Coppola, retired dean of Journalism; mediator; arbitrator

**Thursday, May 10 1 p.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. However, City Hall's location and style changed the way 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 the Queen City.

**Instructor:** Harry Meyer, docent and lecturer, Western New York History and Architecture

**Tuesday, June 12 1 p.m.**

City of Tonawanda Library, 693-5043 to register

**Tuesday, June 19 1 p.m.**

Town of Tonawanda Senior Center, 874-3266 to register

### Buffalo Never Fails: The Queen City and World War I

Look back to a critical time in our nation's history and Buffalo's involvement in the war. Featuring publications and original propaganda posters from the Grosvenor and Rare Book Rooms of the Central Library, this presentation highlights the stories of local soldiers and volunteers serving in the city of Buffalo and overseas, on the home front and the battlefield.

**Instructor:** Charles Alaimo, rare book and maps librarian, Buffalo & Erie County Public Library

**Tuesday, May 1 1 p.m.**

City of Tonawanda Library, 693-5043 to register

**Wednesday, May 16 1 p.m.**

Grand Island Golden Age Center, 773-9682 to register



### healthy tip

*Did you know?* Certain types of dietary fiber have been shown to help lower blood cholesterol levels. Foods like dried beans, apples, citrus fruit, and carrots are good choices.

## Celtic Whispers across the Atlantic

Standing on the Cliffs of Moher overlooking the wild Atlantic Ocean, you can see Inis Mor hiding in the mist. What secrets does this ancient island hold about those who left the island to come to America? Based on the instructor's continuing research about people who lived in the Erie County Poorhouse, hear what she learned in Ireland and how it inspired the fifth book in the "Orphans and Inmates" series.



**Instructor: Roseanne Higgins, adjunct professor of Anthropology, SUNY Buffalo**

**Monday, July 2 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

## Classic Rock, Classic Jock

Legendary radio host Jim Santella will talk about the early days of progressive rock radio in Buffalo and performers he has met such as David Bowie, B.B.King, and James Taylor — all filtered through the eyes of one who loves and celebrates Buffalo. Based on Santella's new memoir.



**Instructor: Jim Santella, Buffalo Broadcasters Hall of Fame inductee**

**Wednesday, June 20 1:30 p.m.**

Clarence Senior Center, 633-5138 to register

**Wednesday, July 18 1 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

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

After more than two centuries of restricted relations with the West, Japan was forced by an American fleet to open its doors to trade. Samurai sent messages from the beaches of Yokohama over the telegraph set up by Commodore Perry's marines. How does this mission, dispatched by President Millard Fillmore, color the subsequent history of Japan's relations with the U.S.?

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

**Thursday, April 26 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

## The Decline of the Ottoman Empire and the Birth of Modern Turkey

The development of Turkey and other modern nation states throughout the Arab world is a fascinating and heartbreaking process. We'll examine what led to the end of the Ottoman Empire, the role of Ataturk in the founding of modern Turkey, and how today's challenges can be traced to the Ottoman past.



**Instructor: Mustafa Gokcek, associate professor of History, director of interdisciplinary studies, Niagara University**

**Monday, June 11 2 p.m.**

Baptist Manor, 819-1820 to register

**Wednesday, June 13 4 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

## Dr. Roswell Park

Today, Dr. Roswell Park is remembered mostly as the founder of the world's first cancer research institute, but his contributions to medicine extend much further. We'll explore Dr. Park's years in Buffalo and his link to three historic events: the establishment of the first cancer research institute in the world, his role as medical director for the 1901 Pan-Am Exposition, and the assassination of President William McKinley.

**Instructors: Staff from Roswell Park Comprehensive Cancer Center**

**Thursday, May 17 1 p.m.**

Town of Evans Senior Center, 947-0974 to register

**Monday, June 11 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

**Wednesday, June 27 6 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

## Wegmans healthy tip

Go "half-plate healthy" by filling half your plate with fruits and veggies and the other half with anything else. This easy step helps you keep portions in check!



## Early Buffalo Music and Entertainment



A look back to the beginning of Buffalo's rich entertainment heritage, from Canal Street to early theaters, vaudeville, burlesque, big band, and music prior to the advent of rock 'n' roll. Hear about the contributions of theater owner Michael Shea and other nightclub owners, along with information on area radio stations, songwriters, musicians, and entertainers.

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

**Friday, April 13 1 p.m.**

SCENE/Concord Senior Center, 770-7277 to register

**Wednesday, May 30 1 p.m.**

The Dale Association, 433-1886 to register

**Thursday, May 31 1 p.m.**

Grand Island Golden Age Center, 773-9682 to register

**Friday, June 8 6:30 p.m.**

Brothers of Mercy/Montabaur Heights, 407-5104 to register



## The Early Women of Lily Dale: Spiritualists, Suffragists, and Psychic Healers

This talk will focus on some key female figures in the early history of Lily Dale, their contributions to the early modern spiritualist community, and the characters they inspired in the "Orphans and Inmates" series.

**Instructor: Roseanne Higgins, adjunct professor, Anthropology, SUNY Buffalo**

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

Orchard Park Senior Center, 662-6452 to register

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

Clarence Senior Center, 633-5138 to register

**Wednesday, June 20 2 p.m.**

Baptist Manor, 819-1820 to register

**Thursday, June 21 10 a.m.**

Cheektowaga Senior Center, 686-3930 to register

## From Germany to France to the U.S. and Back with the U.S. Army

Hear the real-life story of a Holocaust survivor, born of Jewish descent in 1925 in Berlin, Germany. From living in an orphanage in a war-torn country and seeking refuge in France to joining the U.S. Army and serving in the first division to arrive at Buchenwald concentration camp — this presentation talks about his experiences and the consequences of hatred.

**Instructor: Stephan Lewy, Holocaust survivor**

**Tuesday, May 22 1:30 p.m.**

Clarence Senior Center, 633-5138 to register

## Gerda Weissmann Klein: From Holocaust Survivor to Peace Worker

Gerda Weissmann Klein is a Holocaust survivor, writer, and worker for peace. Sent to a labor camp by the Nazis from her home in Poland, Gerda suffered unspeakable abuse until rescued by American soldiers in 1945. She immigrated to Buffalo and later wrote of her experiences in several moving books. She and her husband spent years working with individuals and groups traumatized by events beyond their control.

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

**Wednesday, April 25 1 p.m.**

Cheektowaga Senior Center, 686-3930 to register

**Tuesday, May 8 2 p.m.**

Baptist Manor, 819-1820 to register

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

Town of Evans Senior Center, 947-0974 to register

**Tuesday, May 22 1 p.m.**

City of Tonawanda Library, 693-5043 to register

**Wednesday, June 6 7:30 p.m.**

Canterbury Woods, 929-5823 to register

## Guaranty Building

The Guaranty Building, completed in 1895, is recognized as one of the masterpieces of Louis Sullivan — an important 19th-century American architect, acknowledged today as the "Father of the Skyscraper." In the 1890s the skyscraper was a new and uniquely American building type.

**Instructor: Harry Meyer, docent and lecturer, Western New York History and Architecture**

**Tuesday, May 8 1:30 p.m.**

The GreenFields, 684-8400 to register

## The History of Buffalo Roadways

We'll discuss the history of transportation in Buffalo, dating back to the Holland Land Company up until the modern expressway. Specific examples will include the infamous Delaware Avenue "S"



curves, and Scajaquada and Kensington Expressways.

**Instructor: Ken Kuminski, licensed professional engineer, New York State Department of Transportation**

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

Orchard Park Senior Center, 662-6452 to register

**Wednesday, May 23 10 a.m.**

The Dale Association, 433-1886 to register

## The Larkin Soap Company

The Larkin Soap Company was founded in 1875 in Buffalo as a small soap factory. Its tremendous growth through the first quarter of the 20th century is attributed to the "Larkin Idea." This marketing idea



transformed the company into a mail-order conglomerate that employed 4,000 people and had annual sales of \$28.6 million — equivalent to around \$342 million today. The company's success allowed them to hire Frank Lloyd Wright to design the iconic Larkin Administration Building, which stood as a symbol of Larkin prosperity until the company's demise in the 1940s.

**Instructor: Shane E. Stephenson, business services specialist in Workforce Development; library and archives technician at Buffalo History Museum; owner of Archives in the Buff**

**Wednesday, May 2 1:30 p.m.**

The GreenFields, 684-8400 to register

**Monday, May 21 7:30 p.m.**

Canterbury Woods, 929-5823 to register

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

Baptist Manor, 819-1820 to register

**Wednesday, June 13 6 p.m.**

Grand Island Golden Age Center, 773-9682 to register

## Looking Back at JFK's Legacy on His 100th Birthday

Beginning with the 1960 presidential campaign, we'll examine the legacy of John F. Kennedy, our 35th president. JFK's administration reflected his youth, humor, idealism, leadership, and charisma. We'll discuss the impact of his wealthy and well-known family, and examine the significant events of his administration including the Cuban missile crisis and Bay of Pigs, visit to the Berlin Wall, meeting with Soviet Premier Nikita Khrushchev, and impassioned speeches about the dangers of nuclear arms.



**Instructors: Len Lenihan, former commissioner, Erie County Board of Elections; former chairman of the Erie County Democratic Committee; and Norman Mineo, retired banker and history enthusiast**

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

Cheektowaga Senior Center, 686-3930 to register

**Monday, June 11 1:30 p.m.**

Clarence Senior Center, 633-5138 to register

## Love Canal: A Toxic History from Colonial Times to the Present

It has been 40 years since Love Canal seeped into the public consciousness, but neither the chemicals nor the story have gone away. In the summer of 1978, residents of Love Canal began protesting against the leaking toxic waste dump in their midst — a 16-acre site containing 100,000 barrels of chemical waste that anchored their neighborhood. Initially seeking evacuation, area activists soon found they were engaged in a far larger battle over the meaning of America's industrial past and its environmental future.

**Instructor: Richard Newman, professor of History, Rochester Institute of Technology**

**Friday, June 1 1 p.m.**

City of Tonawanda Library, 693-5043 to register

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

Clarence Senior Center, 633-5138 to register

*Wegmans* healthy tip

Stay hydrated throughout the day with water or beverages without added sugar or calories. Even black coffee and unsweetened tea help you stay hydrated.

## The Many Faces of Marie Antoinette

Much has been written about the Reign of Terror during the French Revolution and many stories have been circulated about Marie Antoinette. Myths and fallacies will be discussed with excerpts from two feature-length films, Patrice Leconte's "Ridicule" and Sofia Coppola's "Marie Antoinette."



**Instructor: Eileen M. Angelini, Fulbright Scholar and Chevalier dans L'Ordres des Palmes Académiques**

**Friday, June 29 6:30 p.m.**

Brothers of Mercy/Montabaur Heights, 407-5104 to register

## Maurice "Rocket" Richard: The Man and the Legend

Maurice "Rocket" Richard was the cornerstone of the Montreal Canadiens' dynasty that won five straight Stanley Cups. Long after his years of playing professional hockey with the Montreal Canadiens, Richard remains a symbol of unity for French Canadians. We'll explore his lasting legacy and how he came to be known as the "Rocket."

**Instructor: Eileen M. Angelini, Fulbright Scholar and Chevalier dans L'Ordres des Palmes Académiques**

**Friday, June 15 6:30 p.m.**

Brothers of Mercy/Montabaur Heights, 407-5104 to register

## Never Just Sit: Eleanor Roosevelt and American Crafts

Explore how craft influenced Eleanor Roosevelt's life personally and professionally. Roosevelt was a political activist, humanitarian, entrepreneur, and First Lady of the United States. In this illustrated talk, view items related to her personal interest in handicrafts and knitting, drawn from the Franklin Roosevelt Presidential Library in Hyde Park, N.Y.

**Instructor: Mary Ann Colopy, former National Park Service ranger at the Roosevelt and Vanderbilt National Historic Sites**

**Wednesday, May 23 6 p.m.**

Grand Island Golden Age Center, 773-9682 to register

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

Clarence Senior Center, 633-5138 to register

## The Past, Present, and Future of the Richardson Olmsted Campus

The Richardson Olmsted Campus is currently being renewed after 40 years of neglect and vacancy. Learn more about the site's history as the Buffalo State Asylum for the Insane and plans for its current redevelopment.

**Instructor: Corey Fabian Borenstein, manager of visitor experiences, Richardson Olmsted Campus**

**Tuesday, May 8 7:30 p.m.**

Canterbury Woods, 929-5823 to register

**Wednesday, May 30 1:30 p.m.**

Town of Aurora Senior Center, 652-7934 to register

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

Orchard Park Senior Center, 662-6452 to register

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

Clarence Senior Center, 633-5138 to register

## Rock 'n' Roll Buffalo

Enjoy 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, this presentation will focus on rock music but will cover all styles of music performed in Western New York through the mid-'80s.

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

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

Clarence Senior Center, 633-5138 to register

## What Did You Do in the War, Mommy? WNY Housewives in WWI

World War I volunteerism reached into everyone's lives. Explore how ordinary women played a part on the home front with Red Cross work and food conservation.



**Instructor: Mary Ann Colopy, former National Park Service ranger at the Roosevelt and Vanderbilt National Historic Sites**

**Wednesday, July 18 6 p.m.**

Amherst Senior Center, 636-3055 x3108 to register



## HISTORY

### Women of New France

Learn about the role of women in the development of New France, specifically “les Filles du Roi” (the orphan girls given a dowry by Louis IV to help populate New France from 1663 to 1673), Marguerite Bourgeoys (founder of the Congregation of Notre Dame of Montreal), Jeanne Mance (founder of the first hospital in Montreal), Hélène Boullé (wife of Samuel de Champlain), and indigenous American women, in particular the Hurons. This presentation will also refer to “les Filles à la Casette” (similar to “les Filles du Roi” and sent to Louisiana from 1719 to 1720) and women who were part of the Acadian Deportation in 1754 from Nova Scotia.

**Instructor: Eileen M. Angelini, Fulbright Scholar and Chevalier dans L’Ordres des Palmes Académiques**

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

Amherst Senior Center, 636-3055 x3108 to register

## HUMANITIES



### A Day at the Office: Buffalo Philharmonic Orchestra Edition

Learn about the life of a professional orchestra musician in a presentation illuminating the unseen operation of the orchestra. With a focus on musicians’ onstage communication through breathing, eye contact, and body language, you will learn about the day-to-day life of a BPO musician. This includes rehearsal procedures, practice time, working with guest artists, and managing multiple folders of repertoire week in and week out.

**Instructor: Tim Smith, trombonist, Buffalo Philharmonic Orchestra**

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

The GreenFields, 684-8400 to register

### African Fiction

Since the mid-1950s, fiction written by and about Africans has won growing critical acclaim, yet popular awareness lags. What are the major themes? Who are the chief authors?

**Instructor: Claude Welch, distinguished service professor emeritus of Political Science, SUNY Buffalo**

**Wednesday, May 16 2 p.m.**

Baptist Manor, 819-1820 to register

**Wednesday, June 6 6 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

### “Alas, Poor Ghost”: The 21st-Century Supernatural

Most Americans get their impressions about ghosts, poltergeists, ESP, near-death experiences, and other supernatural topics from entertainment sources. An alternate picture is out there, and it is one open only to specialists — until now. Join author and researcher Mason Winfield for an overview of the 21st-century supernatural based on research, folklore, encounter, philosophy, and eyewitness report.

**Instructor: Mason Winfield, acclaimed author and storyteller; founder of Haunted History Ghost Walks, Inc.**

**Monday, May 14 1:30 p.m.**

Hamburg Senior Community Center, 646-0665 to register

**Thursday, May 17 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

### A Life in Theatre

Hear about the career of one of Buffalo’s theatre greats, beginning with his experiences as a young boy in drama school. He went on to train in Paris with the world’s greatest mime artist and tour the world as a member of Ireland’s celebrated national theatre company. He created his own one-man show, founded his own mime company, ran a theater school and repertory company with his brother in Ireland, and emigrated to the U.S., finally settling in Buffalo and cofounding the Irish Classical Theatre Company. He’ll discuss his acting and directing experiences, and explain how an actor brings a character to life in the journey from page to stage.

**Instructor: Vincent O’Neill, cofounder and artistic director, Irish Classical Theatre Company**

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

The GreenFields, 684-8400 to register

## The Art and Social Vision of Frank Lloyd Wright

Wright created not only a revolutionary new and distinctively American form of architecture, but also envisioned his work as a means of developing a freer, more democratic modern society. We'll examine Wright's quintessentially American life, along with two of his most significant buildings — the Darwin Martin house and the Larkin Building — as well as his utopian community, Broadacre City.

**Instructor: Robert Butler, professor of English, Canisius College**

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

Amherst Senior Center, 636-3055 x3108 to register

**Thursday, July 12 1 p.m.**

Town of Tonawanda Senior Center, call 874-3266 to register

## Charles Burchfield

In 1921, Charles Burchfield moved to Buffalo to work for M. H. Birge & Sons Co., one of the nation's most prominent wallpaper companies. For more than 40 years, he lived and painted in Gardenville, a West Seneca neighborhood. Best known for his romantic, often fantastic depictions of nature, Burchfield developed a unique style of watercolor painting that reflected Buffalo's streets, harbor, railroad yards, and surrounding countryside.

**Instructor: Jean Serusa, certified New York State Art educator; docent at Burchfield Penney Art Center**

**Thursday, April 26 1 p.m.**

Town of Tonawanda Senior Center, call 874-3266 to register

**Wednesday, May 23 10 a.m.**

Hamburg Senior Community Center, 646-0665 to register

## Eugene O'Neill's "Long Day's Journey Into Night" and Arthur Miller's "Death of a Salesman": The Failure of Success and the Flight from Illusion

Explore the structure and dynamics of the American family in each playwright's most enduring play.

**Instructor: Howard Wolf, professor emeritus of English and senior fellow, University at Buffalo**

**Tuesday, May 29 7:30 p.m.**

Canterbury Woods, 929-5823 to register

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

Amherst Senior Center, 636-3055 x3108 to register

## Evolution of the Modern Orchestra

Learn about the progression from the earliest orchestral ensembles to today's symphony orchestras. With a focus on his own instrument's predecessor, the ancient viol, the presenter will share his insights on how the advancing technological capabilities and the changing social constructs of the times led to the orchestra we know and love today.

**Instructor: Brett Shurtliffe, associate principal bassist, Buffalo Philharmonic Orchestra**

**Tuesday, May 29 1:30 p.m.**

The GreenFields, 684-8400 to register

## Fitzgerald, Hemingway, and the Experience of Modern America

Fitzgerald's romances and Hemingway's epics help us to better understand the modern American experience. Both writers evolved from the same literary time and place, but created their works in very different writing styles representative of their subject matter.



**Instructor: Howard Wolf, professor emeritus of English and senior fellow, University at Buffalo**

**Friday, August 10 1 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

## Georgia O'Keefe

O'Keefe is known for her paintings of huge, colorful flowers or bones in dream-like deserts. Alfred Stieglitz, her future husband, exhibited her work in his gallery in New York City. A decade later, she moved to New Mexico where she discovered the American Southwest as a source of lasting inspiration. View her paintings and the places that inspired her, including the Ghost Ranch in New Mexico.

**Instructor: Jean Serusa, certified New York State Art educator; docent at Burchfield Penney Art Center**

**Tuesday, June 26 1 p.m.**

City of Tonawanda Library, 693-5043 to register



If you're traveling be sure to pack enough medicine for the duration of your trip, plus a few days' extra in case of travel delays.

## George Washington’s Wooden Teeth: Presidential Portraits and the Artists Who Painted Them

Beyond the images in the post office and engravings on U.S. currency, what stories behind the 44 presidents’ images are awaiting to be revealed? The instructor will share her in-depth research with engaging and often humorous details about our historic leaders and the often overlooked artists they posed for.

**Instructor: Jean Serusa, certified New York State Art educator; docent at Burchfield Penney Art Center**

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

Orchard Park Senior Center, 662-6452 to register

## Ghosts of 1812: The Spooky Top Twenty of the Niagara War

Three years of steady fighting soaked both sides of the Niagara in tragedy and left no part of the frontier untouched. A vivid folk culture exists today, though it is little known to the public. The heroes and heroines who raged and died in the Niagara War still figure among the region’s ghosts. This colorful keynote presentation brings them back in all their glory and serves as a lively introduction to the history of the local war.

**Instructor: Mason Winfield, acclaimed author and storyteller; founder of Haunted History Ghost Walks, Inc.**

**Friday, April 27 1 p.m.**

SCENE/Concord Senior Center, 770-7277 to register

**Wednesday, May 30 1 p.m.**

Cheektowaga Senior Center, 686-3930 to register

**Tuesday, June 19 1 p.m.**

City of Tonawanda Library, 693-5043 to register

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

Grand Island Golden Age Center, 773-9682 to register

## The Hero and Heroine in American Literature

We’ll examine the unique qualities of American heroes and how they reflect uniquely American values, with a specific focus on heroes in African American literature. Examine how American heroic literature has radically changed in the past 30 years, and how women have been represented in our heroic literature.

**Instructor: Robert Butler, professor of English, Canisius College**

**Tuesday, May 22 10 a.m.**

Cheektowaga Senior Center, 686-3930 to register

## Images of Propaganda in Art and Advertising

When did the practice of propaganda begin and what is the impact of advertising art in present times? From Egyptian and Roman accolades to online social media, we will explore images created in history and their expected or unexpected results. Campaign posters will be a focus.



**Instructor: Jean Serusa, certified New York State Art educator; docent at Burchfield Penney Art Center**

**Monday, May 21 1:30 p.m.**

Clarence Senior Center, 633-5138 to register

## In Cold Blood: True Crime, an American Genre A reading and discussion series sponsored by the New York Council for the Humanities

Join us for a discussion of true crime writing. Using noteworthy examples of true crime writing, we’ll delve into the history and literature of American crimes to explore themes, history, and current media, as well as individual insights based on your opinions and experiences.



Participants are asked to read the books listed below prior to the sessions. We’ll also include selections from “True Crime: An American Anthology,” edited by Harold Schechter. Books will be available for participants to borrow from the site after May 1. Limited to 15 participants per session.

**Facilitator: Linda Drajem, writer; teacher; docent**

**Sessions 1 and 2: “In Cold Blood” by Truman Capote  
Wednesdays, June 6 and 13 2:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

**Sessions 3 and 4: “Kitty Genovese: The Murder, the Bystanders, the Crime that Changed America” by Kevin Cook**

**Thursdays, June 7 and 14 2:30 p.m.**

Clarence Senior Center, 633-5138 to register





## Salvador Dalí

Salvador Dalí is among the most versatile, prolific, and intriguing artists of the 20th century and the most famous surrealist. A true Renaissance man, he also dabbled in many other mediums such as cinema, sculpture, fashion design, and writing. He approached everything he did in life, from art to interviews to facial hair, in an equally individualistic way. His eccentricity earned him a reputation as a genius, a lunatic, and a gimmick, though he didn't seem to really care what anyone thought of him.

**Instructor: Jean Serusa, certified New York State Art educator; docent at Burchfield Penney Art Center**

**Monday, April 30** 7:30 p.m.

Canterbury Woods, 929-5823 to register

**Thursday, May 10** 2 p.m.

Baptist Manor, 819-1820 to register

**Wednesday, May 23** 6:30 p.m.

Clarence Senior Center, 633-5138 to register

**Friday, May 25** 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

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

The GreenFields, 684-8400 to register

## Talking Animals and Medicine People: The Supernaturalism of the Upstate Iroquois

One of the world's most impressive storytelling traditions is that of the six New York Iroquois nations. The Haudenosaunee people populated the hills, woods, and creeks of Upstate New York with a virtual zoo of supernatural beings. These ancient traditions have parallels in 20th- and 21st-century paranormal reports. Join us for lecture and storytelling of this overlooked tradition.



**Instructor: Mason Winfield, acclaimed author and storyteller; founder of Haunted History Ghost Walks, Inc.**

**Wednesday, May 16** 1:30 p.m.

Town of Aurora Senior Center, 652-7934 to register

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

Baptist Manor, 819-1820 to register

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

Orchard Park Senior Center, 662-6452 to register

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

Clarence Senior Center, 633-5138 to register

## The Wizard's Duel: Supernatural Storytelling from Celtic and Celtic American Tradition

America's ethnic groups have distinct natural cultures and colorful supernatural folk traditions. While the fairies, banshees, leprechauns, and curses of the Old World don't seem to have crossed the Atlantic in their classic forms, something answering to them can occasionally be found in the paranormal report of Western New York. "The Wizard's Duel" is an entertaining and sometimes riotous mix of contemporary Irish, Scottish, and Welsh American supernatural stories with a handful of selected Celtic tales of the same themes.

**Instructor: Mason Winfield, acclaimed author and storyteller; founder of Haunted History Ghost Walks, Inc.**

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

The GreenFields, 684-8400 to register

**Thursday, June 28** 7:30 p.m.

Canterbury Woods, 929-5823 to register

**Friday, July 20** 1 p.m.

Amherst Senior Center, 636-3055 x3108 to register

## "To Kill a Mockingbird"

Through the eyes of children, we learn lessons about justice, humanity, and equality. Harper Lee's novel is truly one of the great works of American literature.

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

**Thursday, April 26** 1 p.m.

Hamburg Senior Community Center, 646-0665

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

City of Tonawanda Library, 693-5043 to register

## 20th-Century Americana: Norman Rockwell and Grant Wood

Gain more insight into the times that produced Grant Wood's iconic "American Gothic" and Norman Rockwell's magazine illustrations for The Saturday Evening Post. Realism, regionalism, and reminiscence of the times and places these artists knew best? It may not be what you thought it was.

**Instructor: Jean Serusa, certified New York State Art educator; docent at Burchfield Penney Art Center**

**Tuesday, May 15** 1:30 p.m.

The GreenFields, 684-8400 to register

## Advancements in Dementia Research

Alzheimer’s disease is a progressive brain disorder that gradually destroys brain cells. Currently, there is no cure, but research efforts are underway to develop effective treatments, prevention methods, and improvements in care and support. Learn about the latest research trials and strides.

**Instructor: Julia Szprygada, director of Education and Training, Alzheimer’s Association**

**Wednesday, May 16** **10 a.m.**

Cheektowaga Senior Center, 686-3930 to register

**Thursday, May 31** **1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register



## Balance, Core Strengthening, and Preventing Falls

Strong core muscles — the ones in your abdomen, back, and hips — improve posture and balance, which helps you avoid falls. Strengthening your core increases stability for safe and effective movement, and reduces pain in the lower back. On the other hand, having a weak core can undermine everyday life motions like walking, bending, turning, bathing, and dressing. Learn some simple core-strengthening exercises you can do at home.

**Instructor: Bob O’Malley, athletic trainer, Excelsior Orthopaedics**

**Thursday, April 26** **1 p.m.**

The GreenFields, 684-8400 to register



## Brain Health

Understand how the brain works and get some background information on Alzheimer’s disease and Parkinson’s disease. In addition, learn about common medications and nonmedicinal treatments for these conditions.

**Instructor: Frank Pietrantonio, Wegmans Pharmacy**

**Thursday, June 28** **1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register



## End-of-Life Dreams and Visions

End-of-life dreams and visions have been documented through the ages, but little has been understood about their significance. A recent long-term study led by Dr. Christopher Kerr at Hospice Buffalo found a dramatic increase in frequency of dreams and visions, and particularly in seeing the deceased, as death neared. We’ll examine the significance of these events to the dying person, and whether their occurrence can predict nearness to death. We’ll also discuss how end-of-life visions and dreams are different from delirium, and how these can help patients to experience and communicate meaning at the end of life.

**Instructors: Dr. Pei Grant and Kate Levy, Hospice Buffalo and Palliative Care Buffalo Research Team**

**Monday, May 14** **1:30 p.m.**

Clarence Senior Center, 633-5138 to register



## Genetic Screening and Testing

Genetic counseling is on the rise. Coupled with genetic testing, it can have an impact on medical treatment by enabling individuals to better understand their risks for certain types of cancer. Individuals with a personal history or strong family history of cancer may be good candidates for both. The two most common genes that cause hereditary breast and ovarian cancer are BRCA1 and BRCA2, but there are more than 50 genes that can cause increased risks of cancer.

**Instructor: Laura Fisher, certified genetic counselor, Windsong Health Medical Alliance**

**Wednesday, May 23** **7:30 p.m.**

Canterbury Woods, 929-5823 to register

**Wednesday, June 20** **6 p.m.**

Amherst Senior Center, 636-3055 x3108 to register



## Have a Heart-to-Heart with a Cardiologist

Here’s your chance to have an interactive discussion with a cardiologist on preventing and treating heart disease. We’ll address risk factors, knowing your numbers, what to talk to your doctor about, and the steps you can take to get heart healthy. There will be a Q&A session, so bring your questions for the doctor.

**Instructor: Dr. Salvatore Calandra, cardiologist**

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

The GreenFields, 684-8400 to register



## Medications and You

Those of us taking prescription medications may feel uncertain about the good they do and the harm they may cause. In this talk, we will explore risks of prescription drug use in older people, the decision process your medical provider goes through when ordering a medication, and some of the tools used by clinicians to assess the pros and cons of particular medicines. Learn what questions to ask your provider and what resources are available to help you become an educated consumer.

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

**Thursday, May 24** **1:30 p.m.**  
Hamburg Senior Community Center, 646-0665 to register

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



## Niagara Falls: A Survivor of the Ice Age

Niagara Falls and its gorge tell the 12,000-year-old story of retreating glaciers, water levels, and elevation. The area was shaped by the tremendous forces of past glaciers and river systems into five distinct sections. We'll look at the unique characteristics of each section, including whirlpool reversal, the other left-behind falls along the Niagara Escarpment, rock structures transported from both the northern and southern hemispheres, coral beds, dry falls, and glacial Lake Tonawanda.

**Instructor: Paul Young, professor emeritus of Science Education, Koessler Distinguished Professor at Canisius College**

**Wednesday, May 23** **1 p.m.**  
Cheektowaga Senior Center, 686-3930 to register

**Thursday, May 31** **1 p.m.**  
City of Tonawanda Library, 693-5043 to register

**Monday, June 4** **1 p.m.**  
Amherst Senior Center, 636-3055 x3108 to register

## Physical Therapy 101

Our athletic trainer will discuss simple exercises and stretches that can help you to regain strength. You'll be invited to take part in basic stretching exercises that can be practiced at home to help improve mobility, core strength, and fall prevention.

**Instructor: Bob O'Malley, athletic trainer, Excelsior Orthopaedics**

**Tuesday, May 8** **1:30 p.m.**  
Clarence Senior Center, 633-5138 to register

**Monday, June 18** **1 p.m.**  
Amherst Senior Center, 636-3055 x3108 to register

## Teachings of the Medicine Wheel

The medicine wheel is a comprehensive framework of understanding our own health and interconnections with others. Cultural perspectives of the Haudenosaunee and other Native American communities will be shared during this presentation.

**Instructor: Pete Hill, All Our Relations project director, Native American Community Services of Erie & Niagara Counties, Inc.**

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

**Thursday, May 17** **2 p.m.**  
Baptist Manor, 819-1820 to register

**Friday, May 18** **1 p.m.**  
SCENE/Concord Senior Center, 770-7277 to register

## Understanding Blood Pressure Goals

Roughly 30% of adults have some form of elevated blood pressure. Many people are faced with the challenge of managing high blood pressure,



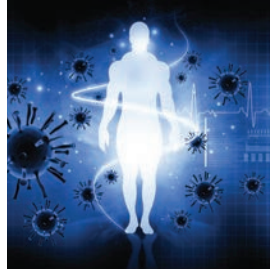
and despite all the resources available, a lot of people still struggle. Learn about the most recent blood pressure guidelines, common medications used to treat high blood pressure, and some dietary and lifestyle strategies to help combat high blood pressure.

**Instructor: Frank Pietrantoni, Wegmans Pharmacy**

**Friday, June 29** **10 a.m.**  
Grand Island Golden Age Center, 773-9682 to register

## Understanding Immunotherapy

Immunotherapy can use your own immune system to fight cancer in two ways: It can power up your immune system so it is stronger and better able to fight cancer, and it can enhance or alter your cells to target and attack cancer cells. Because of the immune system's unique properties, these immunotherapies may hold greater potential than current cancer treatment approaches.



**Instructor: Roswell Park Comprehensive Cancer Center**

**Wednesday, May 30** 1:30 p.m.

The GreenFields, 684-8400 to register

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

Cheektowaga Senior Center, 686-3930 to register

**Monday, June 25** 7:30 p.m.

Canterbury Woods, 929-5823 to register

**Monday, July 9** 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

**Wednesday, August 8** 6 p.m.

Amherst Senior Center, 636-3055 x3108 to register

## Vaccinations

Over the years, vaccinations protecting children and adults from infectious diseases have saved lives and prevented hospitalizations. While millions of Americans receive vaccinations each year, a vocal segment of the population is opposed to all immunizations, including some who refuse to get mandated vaccinations for their children. We'll review a brief history of vaccine development, how the immune system works, and some common vaccines and the effectiveness and potential toxicity of each. We'll examine the facts and the myths about the safety of vaccines, including claims about a link between autism and vaccines.



**Instructor: Dr. Shauna Zorich, UB School of Public Health**

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

Orchard Park Senior Center, 662-6452 to register

**Instructor: Dr. Katie Luce, pediatrician, Delaware Pediatrics**

**Monday, July 16** 1 p.m.

Amherst Senior Center, 636-3055 x3108 to register

## Anti-Cancer Diet

It has been estimated that 30–40% of all cancers can be prevented by lifestyle and dietary measures alone. We'll discuss what cancer is and how it progresses, then focus on the relationship between cancer and what we eat, as well as how much we eat. We'll discuss foods that may contribute to cancer risk and what foods may lower risk.

**Instructor: Carly Szczygiel, R.D., health promotion specialist, BlueCross BlueShield of Western New York**

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

Grand Island Golden Age Center, 773-9682 to register



Simply doing sit-ups is not enough to improve core strength. Our core actually starts with the upper leg and hip muscles and continues to the upper back muscles. Having a strong core starts with the ability to stand from a sitting position without using something to pull yourself up.

## The Conversation Project

The Conversation Project is a national campaign to encourage people to talk to loved ones about their wishes for future care and make sure their end-of-life wishes are expressed and respected. The Project helps you get the conversation started, whether you are getting ready to tell someone else what you want or you want to help someone else get ready to share their wishes.



**Instructors: Sandra Lauer, R.N., director, Continuum of Care, ECMC; Dr. Katie Grimm, physician, Supportive Care and Palliative Medicine, ECMC; Elder Wiggins, Chaplain, Long-Term Care at Terrace View**

**Friday, May 11** 2 p.m.

Baptist Manor, 819-1820 to register

**Tuesday, May 22** 1 p.m.

The GreenFields, 684-8400 to register

**Tuesday, June 19** 1 p.m.

Amherst Senior Center, 636-3055 x3108 to register

## DNA Testing for Genealogy

Are you considering taking a DNA test to learn about your heritage? Join us to learn the basics of genetic genealogy including the types of DNA testing, what testing can tell you, how DNA can be applied to genealogy research, and DNA testing for adoption/unknown parentage.

**Instructor: Rhonda Konig, genealogy librarian, Buffalo & Erie County Public Library**

**Tuesday, April 24 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

**Wednesday, July 25 1 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

## Functional Age: Are You Younger or Older Than You Think?

A person's chronological age is, at best, only a rough guideline of what their "functional age" or physical capabilities are. Maintaining your functional fitness — the ability to perform everyday tasks such as negotiating curbs, stairs, and doing household chores — does not happen by luck or accident. Discover some basic movements that can improve your strength, mobility, and balance, and learn how fitness assessments can measure your physical attributes of everyday activities.

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

**Monday, May 14 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

**Monday, May 21 1 p.m.**

Cheektowaga Senior Center, 686-3930 to register

**Wednesday, May 23 2 p.m.**

Baptist Manor, 819-1820 to register

**Tuesday, June 5 7:30 p.m.**

Canterbury Woods, 929-5823 to register

## Genealogy 101

Jump-start your genealogy with this introduction to family history research. You will learn basic genealogy concepts, the types of records used, and an overview of the genealogy resources available through the Buffalo & Erie County Public Library system.



**Instructor: Rhonda Konig, genealogy librarian, Buffalo & Erie County Public Library**

**Wednesday, June 20 1 p.m.**

Grand Island Golden Age Center, 773-9682 to register

## Good Bugs for Good Health

Learn how good and bad bacteria affect our gut and impact digestive and immune systems. We will define probiotics and prebiotics and discuss where to find them in foods, as well as supplements, and how to choose a good one.

**Instructor: Jennifer Johnson, health promotion coordinator, BlueCross BlueShield of Western New York**

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

The GreenFields, 684-8400 to register

## Healthy Living for Your Brain and Body: Tips from the Latest Research

This program is designed to provide current research and practical information on ways to age well. Learn about current research and practical strategies in the following four areas: cognitive activity, physical health and exercise, diet and nutrition, and social engagement.

**Instructor: Alzheimer's Association**

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

City of Tonawanda Library, 693-5043 to register

## The Mediterranean Diet

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



**Instructor: Jennifer Johnson, health promotion coordinator, BlueCross BlueShield of Western New York**

**Thursday, May 24 1 p.m.**

City of Tonawanda Library, 693-5043 to register

## Mindfulness

Discover what mindfulness can do for you. Learn the basics and multiple health benefits it provides. There are many different ways you can start to incorporate mindfulness into your daily life. You'll leave with some practical and simple mindfulness tools to take with you.

**Instructor: Rachel Ceness, M.S., R.D., health coach, BlueCross BlueShield of Western New York**

**Monday, July 9 1 p.m.**

Amherst Senior Center, 636-3055 x3108 to register



## Reading the New Food Label

Changes to the existing nutrition facts label will begin in 2018. Why are the changes necessary? What information will change? What will the new label look like? How do you read the new label?



**Instructor: Jennifer Johnson, health promotion coordinator, BlueCross BlueShield of Western New York**

**Wednesday, May 2 1:30 p.m.**

Hamburg Senior Community Center, 646-0665

**Friday, May 11 1:30 p.m.**

Clarence Senior Center, 633-5138 to register

## Recipe for Positive Emotional and Mental Health

Maintaining our emotional and mental health is just as important as maintaining our physical health, but something many of us neglect. When we are in a place of emotional and mental well-being, we experience “optimal functioning,” allowing us to experience the fullness of life and better cope with the challenges life presents. We’ll discuss what defines emotional and mental health, what affects our emotional and mental health, and how to improve or maintain emotional and mental health.



**Instructor: Melanie Washington, behavioral health clinical coordinator, BlueCross BlueShield of Western New York**

**Thursday, May 10 7:30 p.m.**

Canterbury Woods, 929-5823 to register

**Monday, May 14 1:30 p.m.**

The GreenFields, 684-8400 to register

**Tuesday, May 22 2 p.m.**

Baptist Manor, 819-1820 to register

**Wednesday, May 30 1:30 p.m.**

Hamburg Senior Community Center, 646-0665 to register

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

The Dale Association, 433-1886 to register

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

Amherst Senior Center, 636-3055 x3108 to register

## Right-Sizing: Four Steps toward Simplifying Your Home

Is it time to think about organizing and streamlining your home? A local realtor with 30 years of experience offers a simple, step-by-step process to help you simplify your current living space, assess the accessibility and livability of your home, and review your options to meet future needs.



**Instructor: Michael Olear, MSW; lead broker, the Olear Team at MJ Peterson**

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

Orchard Park Senior Center, 662-6452 to register

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

Older adults are often encouraged to turn control of a house or accounts over to children or other family members, gift to others, and assign powers of attorney as strategies



in their estate and financial planning. These techniques can be effective if used in the right place at the right time with the right people, but they could cause serious harm, including loss of important tax advantages. We’ll discuss advantages of these tools, as well as potential problems that can arise.

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

**Tuesday, May 22 1 p.m.**

Town of Tonawanda Senior Center, 874-3266 to register



**Excelsior**  
Orthopaedics.

healthy tip

If you’re not active now, adding any amount of exercise can bring health benefits. Slowly increase your physical activity to meet your goals. Park farther away from the store when you are shopping or walk in your neighborhood as the weather gets nicer.

## What in the World is Kefir? Foods with Weird Names That You Should Try

Find out about some “celebrity superfoods” that often appear on TV and magazines, like kohlrabi, teff, Enoki mushrooms, kefir, amaranth, farro, and edamame. We’ll discuss their origins, preparation and uses, and the benefits that might persuade you to add them to your grocery list!



**Instructor: Jennifer Johnson, health promotion coordinator, BlueCross BlueShield of Western New York**

**Monday, May 21 1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

**Wednesday, May 30 10 a.m.**

Cheektowaga Senior Center, 686-3930 to register

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

SCeNe/Concord Senior Center, 770-7277 to register

**Wednesday, August 1 1 p.m.**

Amherst Senior Center, 636-3055 x3108 to register



## Wellness with a Purpose for Older Adults

Add purpose to exercise! One of the latest trends in fitness terms is “functional fitness” — exercising for real-life activities, not events. This interactive approach will help you recognize that exercise for older adults should directly translate to improving daily activity, whatever that may be. It might be staining the deck, painting a room, rearranging furniture, picking up groceries or a grandchild, or going up and down stairs. We’ll explore how exercise is the tool to enjoying what life has to offer!

**Instructor: Marla Walker, senior programming coordinator, YMCA Buffalo Niagara**

**Monday, May 21 1:30 p.m.**

The GreenFields, 684-8400 to register

## STORIES OF INSPIRATION

### International Ambassador for Down Syndrome

Hear the inspiring story of Sujeet Desai, an accomplished musician born with Down syndrome. He has mastered seven instruments, given solo performances nationally and internationally, and received 11 international awards of recognition. Sujeet’s amazing story has been highlighted in two documentaries and many TV and newspaper interviews. His mission is to send a message across the world that, given the proper opportunities, individuals with disabilities can make it happen!

**Instructor: Sujeet Desai, accomplished musician; advocate for the rights of people with disabilities**

**Tuesday, June 12 2 p.m.**

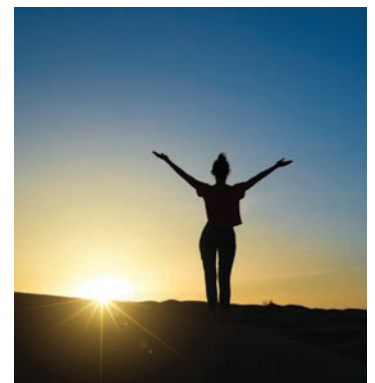
Baptist Manor, 819-1820 to register

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

Clarence Senior Center, 633-5138 to register

### Life Lessons and Perseverance

An accident three years ago left Sjunseeargn Foxx severely injured. She had to begin the process of relearning motor skills like feeding and dressing herself, just like she had taught her autistic son. Her diabetic daughter became her coach and support, just as she had supported her daughter. Hear how Sjunseeargn learned to live life all over again, and even started a small business.



**Instructor: Sjunseeargn Foxx, business owner, consultant, Foxx Business Consulting, Inc.**

**Friday, May 4 2 p.m.**

Baptist Manor, 819-1820 to register



## Erie County Senior Services



# Free 6-week Living Healthy Workshops

### Chronic Disease Self-Management Program

Learn skills to better manage your health and maintain an active lifestyle. Caregivers welcome.

Date	Time	Site	Address
Tuesday, May 1	9:30 a.m.	Hamburg Senior Community Center	4540 Southwestern Blvd., Hamburg
Thursday, May 3	12:45 p.m.	Town of Aurora Senior Center	101 King St., East Aurora
Thursday, May 10	9:45 a.m.	West Seneca Senior Center	4620 Seneca St., West Seneca
Tuesday, May 15	1 p.m.	Schiller Park Senior Center	2057 Genesee St., Buffalo
Friday, June 1	9:30 a.m.	Amherst Senior Center	370 John J. Audubon Parkway, Amherst
Friday, August 17	9:30 a.m.	Clarence Senior Center	4600 Thompson Road, Clarence

### Diabetes Self-Management Program

These skills enable you to confront the challenges of living with diabetes. Includes a free one-on-one consultation with a registered dietitian prior to the first workshop session for eligible Medicare recipients. Caregivers welcome.

Date	Time	Site	Address
Saturday, April 28	9:30 a.m.	Sheridan Medical Group	1491 Sheridan Drive, Buffalo
Wednesday, May 2	12:30 p.m.	Lancaster Senior Center	100 Oxford Ave., Lancaster
Friday, May 4	9 a.m.	Elks Lodge	6791 North Canal Road, Lockport
Wednesday, June 6	9 a.m.	John A. Duke Senior Center	1201 Hyde Park Blvd., Niagara Falls
Tuesday, July 10	1:30 p.m.	Baptist Manor	276 Linwood Ave., Buffalo
Tuesday, August 14	1 p.m.	Schiller Park Senior Center	2057 Genesee St., Buffalo
Thursday, August 16	9:45 a.m.	West Seneca Senior Center	4620 Seneca St., West Seneca
Friday, August 17	9:30 a.m.	Amherst Senior Center	370 John J. Audubon Parkway, Amherst

See back cover for more information.



## CLASS LOCATIONS

Amherst Senior Center  
370 John James Audubon Pkwy.  
Amherst 14228

Baptist Manor Apartments  
276 Linwood Ave.  
Buffalo 14209

Brothers of Mercy/Montabaur Heights  
4530 Ransom Rd.  
Clarence 14031

Canterbury Woods  
705 Renaissance Dr.  
Williamsville 14221

Cheektowaga Senior Center  
3349 Broadway St.  
Cheektowaga 14227

City of Tonawanda Public Library  
333 Main St.  
City of Tonawanda 14150

Clarence Senior Center  
4600 Thompson Rd.  
Clarence 14031

The Dale Association, Inc.  
33 Ontario St.  
Lockport 14094

Grand Island Golden Age Center  
3278 Whitehaven Road  
Grand Island 14072

The GreenFields Continuing  
Care Community  
5953 Broadway St.  
Lancaster 14086

Hamburg Senior Community Center  
4540 Southwestern Blvd.  
Hamburg, NY 14075

Orchard Park Senior Center  
70 Linwood Ave.  
Orchard Park 14127

Springville/Concord Elder Network  
(SCENE)/Concord Senior Center  
40 Commerce Dr.  
Springville 14141

Town of Aurora Senior Center  
101 King St., Suite A  
East Aurora 14052

Town of Evans Senior Center  
999 Sturgeon Point Rd.  
Derby 14047

Town of Tonawanda  
Senior Citizen Center  
291 Ensminger Road  
Tonawanda 14150

## Class Listings by Site

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

<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Topic</b>
Monday	June 4	1 p.m.	Niagara Falls: A Survivor of the Ice Age
Wednesday	June 6	6 p.m.	African Fiction
Thursday	June 7	1 p.m.	"Othello"
Monday	June 11	1 p.m.	Threats to the Great Lakes Today
Wednesday	June 13	4 p.m.	The Decline of the Ottoman Empire and the Birth of Modern Turkey
Friday	June 15	1 p.m.	Women of New France
Monday	June 18	1 p.m.	Physical Therapy 101
Tuesday	June 19	1 p.m.	The Conversation Project
Wednesday	June 20	6 p.m.	Genetic Screening and Testing
Thursday	June 21	1 p.m.	Eugene O'Neill's "Long Day's Journey Into Night" and Arthur Miller's "Death of a Salesman": The Failure of Success and the Flight from Illusion
Monday	June 25	1 p.m.	The Art and Social Vision of Frank Lloyd Wright
Wednesday	June 27	6 p.m.	Dr. Roswell Park
Monday	July 9	1 p.m.	Mindfulness
Thursday	July 12	1 p.m.	Scams, Fraud, and Identity Theft
Monday	July 16	1 p.m.	Vaccinations
Wednesday	July 18	1 p.m.	Classic Rock, Classic Jock
Wednesday	July 18	6 p.m.	What Did You Do in the War, Mommy? WNY Housewives in WWI
Friday	July 20	1 p.m.	The Wizard's Duel: Supernatural Storytelling from Celtic and Celtic American Tradition
Monday	July 23	1 p.m.	"King Lear": The Power of Love
Wednesday	July 25	1 p.m.	DNA Testing for Genealogy
Wednesday	August 1	1 p.m.	What in the World is Kefir? Foods with Weird Names That You Should Try
Thursday	August 2	1 p.m.	Tax Reform
Monday	August 6	1 p.m.	Recipe for Positive Emotional and Mental Health
Wednesday	August 8	6 p.m.	Understanding Immunotherapy
Friday	August 10	1 p.m.	Fitzgerald, Hemingway, and the Experience of Modern America

## Class Listings by Site

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

Day	Date	Time	Topic
Wednesday	May 2	2 p.m.	"Our Town"
Friday	May 4	2 p.m.	Life Lessons and Perseverance
Tuesday	May 8	2 p.m.	Gerda Weissmann Klein: From Holocaust Survivor to Peace Worker
Thursday	May 10	2 p.m.	Salvador Dalí
Friday	May 11	2 p.m.	The Conversation Project
Wednesday	May 16	2 p.m.	African Fiction
Thursday	May 17	2 p.m.	Teachings of the Medicine Wheel
Tuesday	May 22	2 p.m.	Recipe for Positive Emotional and Mental Health
Wednesday	May 23	2 p.m.	Functional Age: Are You Younger or Older Than You Think?
Wednesday	June 6	2 p.m.	Meaning, Mood, and Movement in Music
Friday	June 8	2 p.m.	The Larkin Soap Compny
Monday	June 11	2 p.m.	The Decline of the Ottoman Empire and the Birth of Modern Turkey
Tuesday	June 12	2 p.m.	International Ambassador for Down Syndrome
Thursday	June 14	2 p.m.	Talking Animals and Medicine People: The Supernaturalism of the Upstate Iroquois
Tuesday	June 19	2 p.m.	Sexual Harassment
Wednesday	June 20	2 p.m.	The Early Women of Lily Dale: Spiritualists, Suffragists, and Psychic Healers
Monday	June 25	2 p.m.	Threats to the Great Lakes Today

### BROTHERS OF MERCY/MONTABAUR HEIGHTS • 10570 BERGTOLD RD., CLARENCE REGISTER AT 407-5104

Day	Date	Time	Topic
Friday	June 8	6:30 p.m.	Early Buffalo Music and Entertainment
Friday	June 15	6:30 p.m.	Maurice "Rocket" Richard: The Man and the Legend
Friday	June 29	6:30 p.m.	The Many Faces of Marie Antoinette



## Class Listings by Site

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

<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Topic</b>
Monday	April 30	7:30 p.m.	Salvador Dalí
Tuesday	May 1	7:30 p.m.	Sexual Harassment
Tuesday	May 8	7:30 p.m.	The Past, Present, and Future of the Richard Olmsted Campus
Thursday	May 10	7:30 p.m.	Recipe for Positive Emotional and Mental Health
Tuesday	May 15	7:30 p.m.	Tax Reform
Monday	May 21	7:30 p.m.	The Larkin Soap Company
Wednesday	May 23	7:30 p.m.	Genetic Screening and Testing
Tuesday	May 29	7:30 p.m.	Eugene O'Neill's "Long Day's Journey Into Night" and Arthur Miller's "Death of a Salesman": The Failure of Success and the Flight from Illusion
Thursday	May 31	7:30 p.m.	The Silver Tsunami
Tuesday	June 5	7:30 p.m.	Functional Age: Are You Younger or Older Than You Think?
Wednesday	June 6	7:30 p.m.	Gerda Weissmann Klein: From Holocaust Survivor to Peace Worker
Wednesday	June 13	7:30 p.m.	Threats to the Great Lakes
Thursday	June 14	7:30 p.m.	To Bitcoin or Not to Bitcoin? That Is the Question: Crypto Current and Beyond
Wednesday	June 20	7:30 p.m.	Jerusalem: Then and Now
Monday	June 25	7:30 p.m.	Understanding Immunotherapy
Thursday	June 28	7:30 p.m.	The Wizard's Duel: Supernatural Storytelling from Celtic and Celtic American Tradition
Wednesday	July 25	7:30 p.m.	Journalism Under Fire: Why It Must Prevail

## Class Listings by Site

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

Day	Date	Time	Topic
Wednesday	April 25	1 p.m.	Gerda Weissmann Klein: From Holocaust Survivor to Peace Worker
Thursday	May 3	10 a.m.	Looking Back at JFK's Legacy on His 100th Birthday
Thursday	May 10	1 p.m.	The Attica Prison Uprising
Tuesday	May 15	10 a.m.	Tax Reform
Wednesday	May 16	10 a.m.	Advancements in Dementia Research
Wednesday	May 16	1 p.m.	"Our Town"
Thursday	May 17	10 a.m.	Threats to the Great Lakes Today
Monday	May 21	1 p.m.	Functional Age: Are You Younger or Older Than You Think?
Tuesday	May 22	10 a.m.	The Hero and Heroine in American Literature
Wednesday	May 23	1 p.m.	Niagara Falls: A Survivor of the Ice Age
Wednesday	May 30	10 a.m.	What in the World is Kefir? Foods with Weird Names That You Should Try
Wednesday	May 30	1 p.m.	Ghosts of 1812: The Spooky Top Twenty of the Niagara War
Thursday	June 14	10 a.m.	The Silver Tsunami
Wednesday	June 20	10 a.m.	Understanding Immunotherapy
Wednesday	June 20	1 p.m.	Sexual Harassment
Thursday	June 21	10 a.m.	The Early Women of Lily Dale: Spiritualists, Suffragists, and Psychic Healers

### CITY OF TONAWANDA LIBRARY • 333 MAIN ST. REGISTER AT 693-5043

Day	Date	Time	Topic
Tuesday	May 1	1 p.m.	Buffalo Never Fails: The Queen City and World War I
Thursday	May 10	1 p.m.	Tax Reform
Thursday	May 17	1 p.m.	Pablo Picasso
Tuesday	May 22	1 p.m.	Gerda Weissmann Klein: From Holocaust Survivor to Peace Worker
Thursday	May 24	1 p.m.	The Mediterranean Diet
Thursday	May 31	1 p.m.	Niagara Falls: A Survivor of the Ice Age
Friday	June 1	1 p.m.	Love Canal: A Toxic History from Colonial Times to the Present
Thursday	June 7	1 p.m.	The Silver Tsunami
Tuesday	June 12	1 p.m.	Buffalo City Hall
Thursday	June 14	1 p.m.	"To Kill a Mockingbird"
Tuesday	June 19	1 p.m.	Ghosts of 1812: The Spooky Top Twenty of the Niagara War
Thursday	June 21	1 p.m.	Healthy Living for Your Brain and Body: Tips from the Latest Research
Tuesday	June 26	1 p.m.	Georgia O'Keefe

## Class Listings by Site

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

Day	Date	Time	Topic
Tuesday	May 1	1:30 p.m.	When Prisoners are Patients
Tuesday	May 8	1:30 p.m.	Physical Therapy 101
Friday	May 11	1:30 p.m.	Reading the New Food Label
Monday	May 14	1:30 p.m.	End-of-Life Dreams and Visions
Tuesday	May 15	1:30 p.m.	Threats to the Great Lakes Today
Friday	May 18	1:30 p.m.	Tax Reform
Monday	May 21	1:30 p.m.	Images of Propaganda in Art and Advertising
Tuesday	May 22	1:30 p.m.	From Germany to France to the U.S. and Back with the U.S. Army
Wednesday	May 23	6:30 p.m.	Salvador Dalí
Tuesday	May 29	1:30 p.m.	Scams, Fraud, and Identity Theft
Monday	June 4	1:30 p.m.	Rock 'n' Roll Buffalo
Wednesday	June 6	6:30 p.m.	Never Just Sit: Eleanor Roosevelt and American Crafts
Thursday	June 7	2:30 p.m.	In Cold Blood: True Crime, an American Genre — Session 3
Friday	June 8	1:30 p.m.	Love Canal: A Toxic History from Colonial Times to the Present
Monday	June 11	1:30 p.m.	Looking Back at JFK's Legacy on His 100th Birthday
Tuesday	June 12	1:30 p.m.	Sexual Harassment
Thursday	June 14	2:30 p.m.	In Cold Blood: True Crime, an American Genre — Session 4
Tuesday	June 19	1:30 p.m.	The Early Women of Lily Dale: Spiritualists, Suffragists, and Psychic Healers
Wednesday	June 20	1:30 p.m.	Classic Rock, Classic Jock
Friday	June 22	1:30 p.m.	International Ambassador for Down Syndrome
Tuesday	June 26	1:30 p.m.	Medicines and You
Wednesday	June 27	1:30 p.m.	Talking Animals and Medicine People: The Supernaturalism of the Upstate Iroquois
Friday	June 29	1:30 p.m.	The Past, Present, and Future of the Richardson Olmsted Campus

### THE DALE ASSOCIATION • 33 ONTARIO ST., LOCKPORT REGISTER AT 433-1886

Day	Date	Time	Topic
Wednesday	May 23	10 a.m.	The History of Buffalo Roadways
Wednesday	May 30	1 p.m.	Early Buffalo Music and Entertainment
Wednesday	June 6	10 a.m.	Threats to the Great Lakes Today
Wednesday	June 13	10 a.m.	Recipe for Positive Emotional and Mental Health



## Class Listings by Site

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

Day	Date	Time	Topic
Friday	May 4	10 a.m.	Anti-Cancer Diet
Thursday	May 10	1 p.m.	Cuba: A Land in Transition
Monday	May 14	1 p.m.	Acadian to Cajun: The Great Deportation from Nova Scotia to Louisiana
Wednesday	May 16	1 p.m.	Buffalo Never Fails: The Queen City and WWI
Wednesday	May 23	6 p.m.	Never Just Sit: Eleanor Roosevelt and American Crafts
Thursday	May 31	1 p.m.	Early Buffalo Music and Entertainment
Thursday	June 7	1 p.m.	Threats to the Great Lakes Today
Wednesday	June 13	6 p.m.	The Larkin Soap Company
Wednesday	June 20	1 p.m.	Genealogy 101
Monday	June 25	1 p.m.	Ghosts of 1812: The Spooky Top Twenty of the Niagara War
Friday	June 29	10 a.m.	Understanding Blood Pressure Goals

### THE GREENFIELDS CONTINUING CARE COMMUNITY • 5953 BROADWAY, LANCASTER REGISTER AT 684-8400

Day	Date	Time	Topic
Thursday	April 26	1 p.m.	Balance, Core Strengthening, and Preventing Falls
Wednesday	May 2	1:30 p.m.	The Larkin Soap Company
Tuesday	May 8	1:30 p.m.	Guaranty Building
Monday	May 14	1:30 p.m.	Recipe for Positive Emotional and Mental Health
Tuesday	May 15	1:30 p.m.	20th-Century Americana: Norman Rockwell and Grant Wood
Monday	May 21	1:30 p.m.	Wellness with a Purpose for Older Adults
Tuesday	May 22	1 p.m.	The Conversation Project
Friday	May 25	1:30 p.m.	The Silver Tsunami
Tuesday	May 29	1:30 p.m.	Evolution of the Modern Orchestra
Wednesday	May 30	1:30 p.m.	Understanding Immunotherapy
Friday	June 1	1:30 p.m.	"Othello"
Tuesday	June 5	1:30 p.m.	Inside the FBI's Behavioral Analysis Unit
Wednesday	June 13	1:30 p.m.	The Wizard's Duel: Supernatural Storytelling from Celtic and Celtic American Tradition
Tuesday	June 19	1:30 p.m.	A Life in Theatre
Wednesday	June 20	10 a.m.	Good Bugs for Good Health
Friday	June 22	1:30 p.m.	Jerusalem: Then and Now
Monday	June 25	1:30 p.m.	Salvador Dalí
Tuesday	June 26	1:30 p.m.	Threats to the Great Lakes Today
Wednesday	June 27	1:30 p.m.	A Day at the Office: Buffalo Philharmonic Orchestra Edition
Friday	June 29	1:30 p.m.	Have a Heart-to-Heart with a Cardiologist

## Class Listings by Site

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

Day	Date	Time	Topic
Thursday	April 26	1 p.m.	"To Kill a Mockingbird"
Wednesday	May 2	1:30 p.m.	Reading the New Food Label
Tuesday	May 8	2 p.m.	The New World of News
Thursday	May 10	10 a.m.	Threats to the Great Lakes Today
Monday	May 14	1:30 p.m.	"Alas, Poor Ghost": The 21st Century Supernatural
Thursday	May 17	1:30 p.m.	Tax Reform
Wednesday	May 23	10 a.m.	Charles Burchfield
Thursday	May 24	1:30 p.m.	Medications and You
Wednesday	May 30	1:30 p.m.	Recipe for Positive Emotional and Mental Health

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

Day	Date	Time	Topic
Tuesday	April 24	1:30 p.m.	DNA Testing for Genealogy
Thursday	April 26	1:30 p.m.	Commodore Perry, Buffalo's President Fillmore, and the Opening of Japan in 1854
Monday	April 30	1:30 p.m.	Right-Sizing: Four Steps toward Simplifying Your Home
Thursday	May 3	1:30 p.m.	Teachings of the Medicine Wheel
Monday	May 7	1:30 p.m.	The History of the Buffalo Roadways
Thursday	May 10	1:30 p.m.	Threats to the Great Lakes Today
Friday	May 11	1:30 p.m.	Journalism Under Fire: Why It Must Prevail
Monday	May 14	1:30 p.m.	Functional Age: Are You Younger or Older Than You Think?
Thursday	May 17	1:30 p.m.	"Alas, Poor Ghost": The 21st Century Supernatural
Monday	May 21	1:30 p.m.	What in the World is Kefir? Foods With Weird Names That You Should Try
Thursday	May 24	1:30 p.m.	The Silver Tsunami
Friday	May 25	1:30 p.m.	Salvador Dalí
Thursday	May 31	1:30 p.m.	Advancements in Dementia Research
Friday	June 1	1:30 p.m.	Yemen and Saudi Arabia
Monday	June 4	1:30 p.m.	When Prisoners are Patients
Wednesday	June 6	2:30 p.m.	In Cold Blood: True Crime, an American Genre — Session 1
Thursday	June 7	1:30 p.m.	Medical Marijuana
Friday	June 8	1:30 p.m.	Vaccinations
Monday	June 11	1:30 p.m.	Dr. Roswell Park
Tuesday	June 12	1:30 p.m.	The Early Women of Lily Dale: Spiritualists, Suffragists, and Psychic Healers
Wednesday	June 13	2:30 p.m.	In Cold Blood: True Crime, an American Genre — Session 2
Thursday	June 14	1:30 p.m.	Turkey–U.S. Relations
Monday	June 18	1:30 p.m.	"Our Town"
Thursday	June 21	1:30 p.m.	Talking Animals and Medicine People: The Supernaturalism of the Upstate Iroquois
Friday	June 22	1:30 p.m.	The Past, Present, and Future of the Richardson Olmsted Campus
Monday	June 25	1:30 p.m.	Jerusalem: Then and Now
Thursday	June 28	1:30 p.m.	Brain Health
Friday	June 29	1:30 p.m.	George Washington's Wooden Teeth: Presidential Portraits and the Artists who Painted Them
Monday	July 2	1:30 p.m.	Celtic Whispers across the Atlantic
Monday	July 9	1:30 p.m.	Understanding Immunotherapy

## Class Listings by Site

### SCENE/CONCORD SENIOR CENTER • 40 COMMERCE DR. REGISTER AT 770-7277

Day	Date	Time	Topic
Friday	April 13	1 p.m.	Early Buffalo Music and Entertainment
Friday	April 27	1 p.m.	Ghosts of 1812: The Spooky Top Twenty of the Niagara War
Friday	May 18	1 p.m.	Teachings of the Medicine Wheel
Friday	June 8	1 p.m.	What in the World is Kefir? Foods With Weird Names That You Should Try

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

Day	Date	Time	Topic
Wednesday	May 16	1:30 p.m.	Talking Animals and Medicine People: The Supernaturalism of the Upstate Iroquois
Wednesday	May 23	1:30 p.m.	The Silver Tsunami
Wednesday	May 30	1:30 p.m.	The Past, Present, and the Future of the Richardson Olmsted Campus

### TOWN OF EVANS SENIOR CENTER • 999 STURGEON POINT RD. REGISTER AT 947-0974

Day	Date	Time	Topic
Monday	May 14	1 p.m.	Gerda Weissmann Klein: From Holocaust Survivor to Peace Worker
Thursday	May 17	1 p.m.	Dr. Roswell Park

### TOWN OF TONAWANDA SENIOR CITIZEN CENTER • 291 ENSMINGER RD. REGISTER AT 874-3266

Day	Date	Time	Topic
Thursday	April 26	1 p.m.	Charles Burchfield
Tuesday	May 22	1 p.m.	Should I Turn Things Over to My Children? Joint Accounts, Life Estates, and Powers of Attorney
Tuesday	June 19	1 p.m.	Buffalo City Hall
Thursday	July 12	1 p.m.	The Art and Social Vision of Frank Lloyd Wright

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ERIE COUNTY DEPARTMENT  
OF SENIOR SERVICES



Erie County Department of Senior Services  
95 Franklin Street, 13th Floor  
Buffalo, NY 14202



## Erie County Senior Services



For anyone dealing with a chronic or ongoing health condition and their caregivers who want to learn how to self-manage and take control in dealing with pain and fatigue, discover better nutrition and exercise choices, and learn better ways to talk with your doctor and family about your health.



SEE PAGE 26

## FREE 6-week Living Healthy workshops

- Chronic Disease Self-Management Program
- Diabetes Self-Management Program

*Register today!*

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