

UNIVERSITY EXPRESS

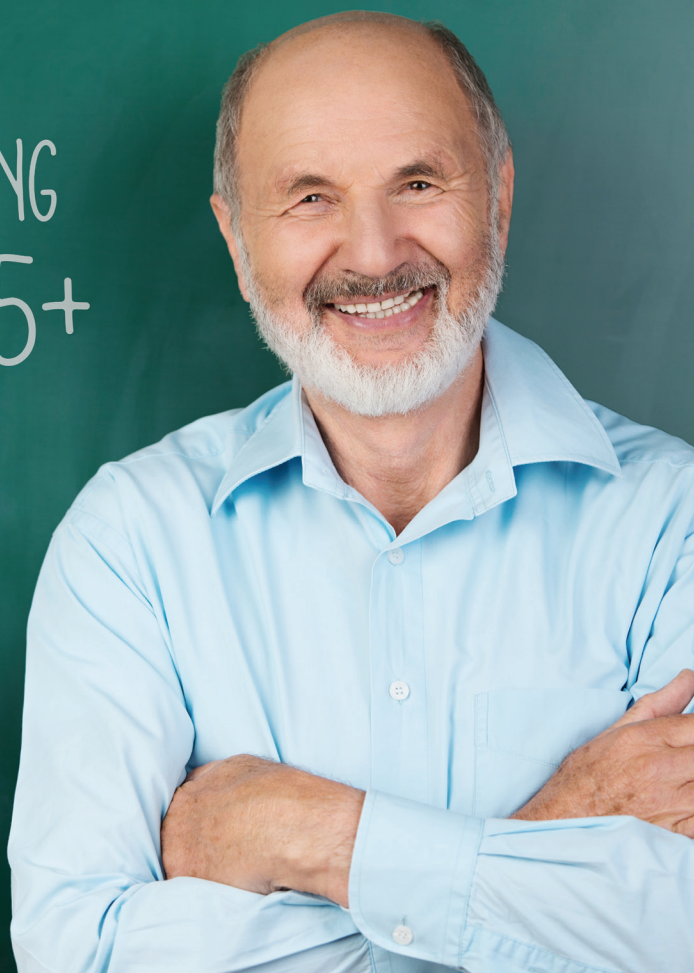
FALL
2014



FREE LIFELONG LEARNING FOR ADULTS AGE 55+



FREE CLASSES
ON CURRENT EVENTS,
HISTORY, SCIENCE,
THE ARTS AND MORE!



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WILLIAMSVILLE
929-5823

CHEEKTOWAGA SENIOR CENTER
3349 BROADWAY
686-3930

CLARENCE SENIOR CENTER
4600 THOMPSON RD.
633-5138

KEN-TON PRESBYTERIAN VILLAGE
3735 DELAWARE AVE., KENMORE
874-6070 Ext. 18

ORCHARD PARK
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**BlueCross BlueShield
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Thanks for your enthusiasm!

We've had an enormous response to our redesigned catalog and course offerings, and we sincerely appreciate all of your positive feedback. Please continue to send us your suggestions for classes and topics of interest. It is our pleasure to provide you with meaningful content and enriching subjects.

Just a reminder: All classes are free, but you must register beforehand to attend.

I hope you all had a fantastic summer.
I look forward to seeing you this autumn
at University Express.

Kind regards,

Pat Dowling

Patricia Dowling
RSVP Director



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Iraq: A Divided Future?

The current crisis in Iraq can be understood in terms of its history and mosaic of different religions, tribes, and languages. Factors include diversity in Islam, particularly differences among Sunnis, Shias, and Kurds, and the continuing effects of borderlines drawn for Middle Eastern nations by European colonial powers. Will Iraq's future include regions segregated by ethnicity and religion, or a united country with peaceful coexistence?



Instructor: Faizan Haq, Professor of Asian Studies, State University of New York at Buffalo (SUNY Buffalo); founding member of the Center for the Study of Islam and Democracy

Tuesday, October 14 8 p.m.

Canterbury Woods, 929-5823 to register

Tuesday, October 28 1 p.m.

Orchard Park Senior Center, 662-6452 to register

Wednesday, November 12 1:30 p.m.

Clarence Senior Center, 633-5138 to register

New Medicare Rules Increase Access to Care

For decades, thousands of individuals with chronic conditions (such as Parkinson's disease, Alzheimer's disease, etc.) have been denied Medicare coverage for vital care on the grounds that services were for maintenance only. Learn how a new clarification of Medicare rules will allow more patients to receive therapy and other skilled services to maintain physical abilities or slow the rate of decline.

Instructor: Anthony Szczygiel, Professor at the SUNY Buffalo School of Law

Tuesday, October 7 1 p.m.

Orchard Park Senior Center, 662-6452 to register

Thursday, October 9 12:45 p.m.

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

The Nippon Buzz: Headlines in Japan, 2014

Japan faces a broad set of challenges this year. The birthrate continues to fall and the population is aging quickly. China and Korea argue with Japan over disputed islands. In a push to be a normal nation, the government of Prime Minister Shinzo Abe tries to open options for the use of military force. How will Japan play out its economic and cultural role in the world?

Instructor: Thomas W. Burkman, Research Professor Emeritus, Asian Studies, SUNY Buffalo

Thursday, October 16 3 p.m.

Orchard Park Senior Center, 662-6452 to register

Wednesday, October 29 8 p.m.

Canterbury Woods, 929-5823 to register



The Political Landscape in 2014

Learn from an insider's view of local, state, and national trends. With Washington stalled in partisan politics, voter dissatisfaction with Congress is at an all-time high. What will break the partisan deadlock? How will voter frustration, along with concerns about jobs and the economy, flaring global crises, immigration, schools, infrastructure, etc., shape the 2014 mid-term elections and the road to the 2016 presidential election?

Instructor: Len Lenihan, former Chair of the Erie County Democratic Committee

Monday, November 3 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Thursday, November 6 8 p.m.

Canterbury Woods, 929-5823 to register

Friday, November 14 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

Ukraine

In the midst of the pro-Russia uprising, the Ukrainian people voted this past May in a presidential election that may have been the most important in their history. Nine Buffalo-area residents joined hundreds of other election observers to ensure free and fair Ukrainian national and regional elections. Hear the instructor's experiences and conversations with the people there.

Instructor: Greg Olma, observer for 2014 Ukraine elections; former Erie County legislator

Wednesday, November 5 2 p.m.

Baptist Manor, 819-1820 to register

Monday, November 17 1 p.m.

Orchard Park Senior Center, 662-6452 to register

A View of the Oval Office from Capitol Hill

Hear a first-hand account of a congressional representative's experiences in Washington D.C. John LaFalce was first elected to the House of Representatives in 1974, and served in successive terms for his district through 2003. Hear his perspectives on and experiences with Gerald Ford, Jimmy Carter, Ronald Reagan, George H.W. Bush, Bill Clinton, and George W. Bush.

Instructor: Hon. John LaFalce, Member of Congress, 1975-2003, Special Counsel to Hogan Willig

Monday, October 20 2 p.m.

Baptist Manor, 819-1820 to register

Thursday, October 30 12:45 p.m.

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

Monday, November 3 1:30 p.m.

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

HISTORY

America's Leading Import: People

As the U.S. grew, more people were needed to work in factories, build roads and railroads, and labor in other industries. It should not be surprising, then, that the U.S. became a nation of immigrants. This class will examine the history of U.S. immigration, including a closer look at the pattern of immigration to Buffalo.

Instructor: Jerry Spinley, retired high school history teacher

Tuesday, October 7 2 p.m.

Baptist Manor, 819-1820 to register

Friday, October 10 1 p.m.

Orchard Park Senior Center, 662-6452 to register

Friday, October 17 1:30 p.m.

Clarence Senior Center, 633-5138 to register



RSVP

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The Angola Horror: The Train Wreck that Transformed American Railroads

The Angola Horror occurred on December 18, 1867, in Angola, New York. An eastbound New York Express derailed as it approached the high-truss bridge over Big Sister Creek, killing approximately 50 people and injuring many more. This wreck helped lead to technological advancements in railway safety and efficiency, as well as George Westinghouse's invention of the railway air brake.

Instructor: Charity Vogel, author and staff reporter at The Buffalo News

Monday, September 29 8 p.m.
Canterbury Woods, 929-5823 to register

The Burgundy Region of France

Enjoy a taste of Burgundy—a region rich in history, culture, and geography. Until the late 18th century, Burgundy was its own dukedom, separate from France and lead by powerful dukes who sided with the English kings. Today, visitor attractions include the Burgundy Canal and inland waterways, medieval abbeys and monasteries, and of course, some of the most famous wines in the world!

Instructor: Claude Welch, Distinguished Service Professor; Professor of Political Science, SUNY Buffalo
Wednesday, October 15 6 p.m.
Amherst Senior Center, 636-3055 ext. 3108 to register

Discovering Buffalo, One Street at a Time

Buffalo's streets tell a great deal about our city. From pioneer settlers and long-forgotten industrialists, all the way to generals and presidents, our street names highlight the history of our city and region. Learn the stories of some of the men and women who shaped our city's history over the last two hundred years.

Instructor: Angela Keppel, Buffalo history enthusiast and urban planner
Friday, October 10 1:30 p.m.
Clarence Senior Center, 633-5138 to register
Tuesday, October 21 8 p.m.
Canterbury Woods, 929-5823 to register
Monday, November 3 3 p.m.
Orchard Park Senior Center, 662-6452 to register
Friday, November 21 1 p.m.
Cheektowaga Senior Center, 686-3930 to register

The Erie County Fair: 175 Fairs of Tradition, Agriculture, and Excitement

Learn how the fair has evolved over the decades and get a peek at what is planned for the future. We'll look at photos and vintage video from the archives of the Erie County Agricultural Society. Copies of the instructor's new historical book, "Images of the Erie County Fair," will be available.

Instructor: Marty Biniasz, Director of Special Events for the Erie County Fair
Monday, October 20 12:45 p.m.
Amherst Senior Center, 636-3055 ext. 3108 to register

The Fight for Women's Suffrage

Did you know that some women voted in New Jersey until they were stopped by the state legislature in 1807? The real fight for women's rights began in Waterloo, New York in July 1848 at a tea party where five women organized the first women's rights convention. Six days later, a two-day event catapulted the women's rights movement into a national battle for equality.

Instructor: Marian Deutschman, League of Women Voters; Professor Emerita of Communications, State University of New York College at Buffalo (Buffalo State College)
Thursday, October 2 8 p.m.
Canterbury Woods, 929-5823 to register
Thursday, October 23 3 p.m.
Orchard Park Senior Center, 662-6452 to register
Tuesday, October 28 2 p.m.
Baptist Manor, 819-1820 to register

The Evolution of French Fashion

French fashion has played a major role on the world stage, including in cinema, television, and the work environment. Explore the history of French fashion from the Second Empire (1852–70) to present day, with an emphasis on major designers such as Coco Chanel.

Instructor: Eileen Angelini, Professor of French, Canisius College; Fulbright Scholar
Wednesday, October 22 3:30 p.m.
Baptist Manor, 819-1820 to register
Thursday, December 4 12:45 p.m.
Amherst Senior Center, 636-3055 ext. 3108 to register

General “Wild Bill” Donovan

Learn about one of Buffalo’s historical heroes. General William J. Donovan received the Medal of Honor for his service in World War I and was a founder of the Office of Strategic Services, the predecessor of the Central Intelligence Agency. As ambassador to Thailand, he saved thousands of Chinese Nationalist soldiers after the Communist takeover. After his death, President Eisenhower said, “We have lost our last hero.”

Instructor: Hon. Salvatore R. Martoche, attorney with Hodgson Russ; retired Supreme Court and Appellate Division Judge

Thursday, October 23 6:30 p.m.

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

Wednesday, October 29 12:45 p.m.

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

Hard Times in Western New York: 1812 - 1844

The early settlers of Western New York faced unimaginable hardships building the “Queen City of the Lakes.” Learn about the burning of Buffalo during the War of 1812, the building of “Clinton’s Ditch,” the Lake Erie Seiche Disaster of 1844, and more.

Instructor: Tim Shannon, local author and educator

Friday, October 3 1 p.m.

SCENE/Concord Town Hall, 592-7599 to register

History of the Buffalo Mafia

Learn about the Buffalo Mafia—from the earliest Buffalo mobsters at the turn of the century, to the demise of the Buffalo mob as the century came to a close. The former leader, Stefano Magaddino, was a Sicilian immigrant who moved from New York City to Niagara Falls and ran a crime network that stretched across upstate New York into Canada, Ohio, and Pennsylvania.

Instructor: Lee Coppola, investigative reporter; retired dean, School of Journalism, St. Bonaventure University

Wednesday, October 1 8 p.m.

Canterbury Woods, 929-5823 to register

Friday, October 10 12:45 p.m.

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

Thursday, October 16 6:30 p.m.

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

I am Woman, Hear Me Roar! The Women’s Movement from the 1960s to Today

The progress made by women in gaining the vote in the 1920s was slowed by the country’s needs in WWI and WWII, but gained momentum later when several women began the fight to have an Equal Rights Amendment (ERA) passed by the U.S. Congress. Dig out your ERA bracelets, your buttons, and your memories and join us for a rousing session on women in America!

Instructor: June Justice Crawford, retired from the U.S. Department of Education; former administrator and instructor at Niagara University

Monday, October 20 3 p.m.

Orchard Park Senior Center, 662-6452 to register

Scribblin’ for a Livin’: Mark Twain’s Pivotal Years in Buffalo

This presentation describes Mark Twain’s transformative period in Buffalo, from 1869-1871. Hear about his professional experiences as co-owner and managing editor of the “Buffalo Morning Express” and his domestic life as a husband and father living on prestigious Delaware Street (now Avenue). See archival images of Twain, his family and friends, and late 19th century Buffalo scenes.

Instructor: Thomas Reigstad, Professor Emeritus, English, Buffalo State College

Monday, October 27 3 p.m.

Orchard Park Senior Center, 662-6452 to register

The United Nations on the Niagara River

It’s hard to imagine the iconic United Nations (UN) headquarters anywhere but Manhattan, but a UN subcommittee seriously considered a binational proposal to locate the “World Capital for Peace” on Navy Island, a Canadian territory in the Niagara River near Grand Island. Learn about the power struggle, including the role of Robert Moses, in the process to select the permanent location.

Instructor: William H. Siener, historian and retired Executive Director of the Buffalo History Museum

Friday, October 10 1 p.m.

SCENE/Concord Town Hall, 592-7599 to register

Women of the Roycroft

Hear about the incredible women who influenced the Roycroft legacy, including Bertha and Alice Hubbard; visitors such as Susan B. Anthony and Harriet Beecher Stowe; and the female workforce of illustrators, illuminators, binders, printers, mail clerks, and inn operators. Learn about the Roycroft women buried in Forest Lawn Cemetery, along with the significance of the sinking of the Lusitania.



Instructor: Linda Ulrich-Hagner, Roycroft docent

Friday, September 26 **1 p.m.**
SCENE/Concord Town Hall, 592-7599 to register

Women Spies in U.S. History

Hear an eye-opening account of the largely unrecognized and underappreciated role of women as spies and agents. Learn about their dangerous exploits throughout the history of the U.S. in spying and espionage. This talk may surprise you, as we explore the details about the patriotism and bravery of many famous women on behalf of their country.

Hon. Salvatore R. Martoche, attorney with Hodgson Russ; retired Supreme Court and Appellate Division Judge

Wednesday, October 15 **10 a.m.**

Cheektowaga Senior Center, 686-3930 to register

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

Orchard Park Senior Center, 662-6452 to register

Tuesday, November 11 **2 p.m.**

Baptist Manor, 819-1820 to register

Thursday, December 11 **2 p.m.**

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

HUMANITIES



The Amish

The Amish, most of whom live in the United States, follow simple customs and refuse to take oaths, vote, or perform military service. They shun modern technology and conveniences, and travel by horse and buggy. This closed and communal culture has thrived within one of the most open, individualistic societies on earth. Learn about the history, beliefs, and lifestyle of the Amish community.

Instructor: Jeannette Ludwig, Associate Professor, Department of Romance Languages and Literature, SUNY Buffalo

Thursday, October 16 **1 p.m.**

Cheektowaga Senior Center, 686-3930 to register

Thursday, November 6 **1 p.m.**

Orchard Park Senior Center, 662-6452 to register

Thursday, November 13 **1:30 p.m.**

Clarence Senior Center, 633-5138 to register

Charles Dickens

Dickens' name evokes not only visions of plum pudding, Christmas punch, quaint coaching inns, and cozy firesides, but also of orphaned and starving children, misers, murderers, and abusive schoolmasters. Dickens was 19th century London personified: he survived its mean streets as a child and, largely self-educated, possessed the genius to become the greatest writer of his age.

Instructor: Linda Drajem, poet/writer; retired English instructor, Buffalo State College

Thursday, October 16 **1 p.m.**

Orchard Park Senior Center, 662-6452 to register

Edgar Allan Poe

Poe, with Mary Shelley and Bram Stoker, was one of the progenitors of horror fiction, and has also been credited with inventing the modern detective story. He was one of the first authors to write science-fiction stories. Poe's writing is dark, with a recurring theme of death, lost love, or both.

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

Friday, October 31 **2 p.m.**

Baptist Manor, 819-1820 to register

Edgar Degas

Degas was a 19th century French realist, independent, and Impressionist. His varied media and style, including sculptures, images of dancers, and depictions of the urban leisure life of Paris, showed a perspective that was unusual for its time.

Instructor: Jean Serusa, certified NYS Art Educator; Burchfield-Penney docent

Thursday, November 13 **1 p.m.**
Orchard Park Senior Center, 662-6452 to register

Ernest Hemingway

Hemingway intertwined stories from his daring life with those he invented on paper, until he became as famous for his macho exploits as for his writing. He was the fifth American to win the Nobel Prize in Literature and influenced much of the American writing that followed, making him the most famous writer of his day.

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

Friday, October 17 **1 p.m.**
SCENE/Concord Town Hall, 592-7599 to register

The Hero and Heroine in American Literature

The heroes in American literature have distinct qualities and reflect unique American values. We'll focus on African-American literature, and examine how American heroic literature has radically changed in the past 30 years. We'll also look at how women have been represented in our heroic literature.

Instructor: Robert Butler, Professor of English, Canisius College

Wednesday, December 10 **2 p.m.**
Baptist Manor, 819-1820 to register



John Steinbeck

American writer John Steinbeck wrote 25 books, including the Pulitzer Prize-winning novel "The Grapes of Wrath," and the novella "Of Mice and Men." He received the Nobel Prize in Literature in 1962. His upbringing in the Salinas Valley region of California gives his works a distinct regional flavor. We'll discuss Steinbeck's unique style and focus on his short story, "Chrysanthemum."

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

Monday, October 27 **1 p.m.**
Orchard Park Senior Center, 662-6452 to register

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



healthy tip

Proper nutrition is an important part of good health. Make sure you eat balanced meals. Half your plate should be fruits and vegetables; about one-fourth should be lean meat, poultry, or fish; and one-fourth, grains. To round out your meal, add fat-free or low-fat milk, yogurt, or cheese.

Mary Cassatt

Born to a wealthy Pennsylvania family, Mary Cassatt left home at age 22 to study painting in France. Cassatt was one of the few American artists active in the 19th century French avant-garde, and was a close friend of Edgar Degas. Portrayals of mothers and children in intimate relationships and domestic settings became her theme, and she used members of her own family as subjects.

Instructor: Jean Serusa, certified NYS Art Educator; Burchfield-Penney docent

Wednesday, November 5 8 p.m.

Canterbury Woods, 929-5823 to register

Wednesday, November 12 2 p.m.

Baptist Manor, 819-1820 to register

Tuesday, November 18 1 p.m.

Orchard Park Senior Center, 662-6452 to register

Maya Angelou's Life and Works

Poet, artist, actor, activist, prophet—Maya Angelou was a compelling jack-of-all-trades. Born in poverty and raised in racially segregated Stamps, Arkansas, she overcame early trauma to go on to succeed in an array of artistic endeavors. Her book "I Know Why the Caged Bird Sings" became a commercial and critical success. She was active in the civil rights movement and educated young artists and writers throughout her career until she died in May 2014.



Instructor: Linda Drajem, poet/writer; retired English instructor, Buffalo State College

Thursday, October 9 8 p.m.

Canterbury Woods, 929-5823 to register

Tuesday, October 14 2 p.m.

Baptist Manor, 819-1820 to register

Friday, December 5 12:45 p.m.

Amherst Senior Center, 636-3055 ext. 3108 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 American modernists. 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 explore the hidden meanings in Frost's simple poetry.

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

Monday, November 24 1 p.m.

Orchard Park Senior Center, 662-6452 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," which depicted everyday life in mid-America with humor and insight. Realism, regionalism, and reminiscence of the times and places these artists knew best—all may not be what you see, or thought it was!

Instructor: Jean Serusa, certified NYS Art Educator; Burchfield-Penney docent

Wednesday, October 29 1:30 p.m.

Clarence Senior Center, 633-5138 to register

The World from a Poet's Perspective

Generally speaking, what do poets write about? Who and where is their audience? What is the value of a poetry reading? Does poetry really matter, and what is its place in the modern world? We will discuss these questions and explore readings from the instructor's works.

Instructor: Robert Giannetti, poet and antiquarian bookseller

Tuesday, October 28 8 p.m.

Canterbury Woods, 929-5823 to register

Monday, November 3 2 p.m.

Baptist Manor, 819-1820 to register



Active Weather in WNY

Step through the four seasons and learn about the active weather that affects our lives in each season in Western New York. This includes our infamous lake-effect snow in winter, severe thunderstorms during the spring and summer, and the strong windstorms that cross the Great Lakes region during fall and early winter. We'll also discuss some background information on the National Weather Service.

Instructor: Jonathan Hitchcock, Senior Forecaster at the National Weather Service Buffalo

Wednesday, October 22 12:45 p.m.

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

Tuesday, November 25 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Bees and Butterflies in Decline

Most of the world's 250,000 flowering plants depend on animals for pollination. Over the past few decades, there has been a significant decline of bees, butterflies, bats, and other pollinators. Threats to pollinator communities affect pollinators themselves, natural ecosystems, agricultural productivity, and ultimately, the food on our tables. Learn how you can help efforts to encourage pollinators.

Instructor: Wayne Robins, beekeeper for 41 years

Wednesday, October 8 2 p.m.

Baptist Manor, 819-1820 to register

Wednesday, October 22 8 p.m.

Canterbury Woods, 929-5823 to register

Friday, November 7 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Foxes

People may not expect to see a fox in the city, but foxes are actually well adapted to urban life. Thousands of foxes are killed annually because they are perceived as threats, but realistically, they do little damage and help to control rodents. Foxes have complex family lives and even have conversations with one another. Learn the facts about these beautiful, elusive animals.

Instructor: Elise Able, wildlife rehabilitator; President, Fox Wood Wildlife Rescue, Inc.

Friday, October 3 1 p.m.

Orchard Park Senior Center, 662-6452 to register

Understanding Pain and Neuropathy

Pain has a great impact on a person's quality of life and disability. How is pain diagnosed? What is neuropathy? What are the mechanisms behind pain? How can pain be treated and managed?

Instructor: Gil I. Wolfe M.D.; Professor and Chair of the Department of Neurology, SUNY Buffalo Medical School

Monday, October 20 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Wednesday, November 5 6 p.m.

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



Getting the Most from your Zzzz's

Sleep is a necessity of life. So why do so many of us have trouble sleeping? Approximately 60 million Americans experience insomnia, or the inability to sleep, each year. Join us as we discuss the basics of sleep and learn to identify sleep stealers.

**Instructor: Jennifer Johnson, Wellness Coordinator,
BlueCross BlueShield of Western New York**

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

Baptist Manor, 819-1820 to register

Thursday, January 8 **2 p.m.**

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

Life Reimagined

What are you waiting for? Move what matters most to you to the top of your to-do list. Life Reimagined will help you rediscover and prioritize what is most important to you. Learn tools to help you focus on your goals, stay on track, and get support from a select group of trusted friends and mentors.

**Facilitator: Bill Armbruster, Associate Regional Director
for AARP New York**

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

Cheektowaga Senior Center, 686-3930 to register

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

Orchard Park Senior Center, 662-6452 to register

Thursday, November 20 **2 p.m.**

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



healthy tip

It's not always easy to do, but getting the right amount of sleep can have many health benefits. Getting enough sleep can help with weight control, fighting off colds, upper respiratory infections, and even heart disease. Take steps to relax before you go to bed:

- Dim the lights as it gets closer to bedtime
- Clear all the electronics out of your room
- Try some deep breathing or muscle relaxation exercises



Making the Mind/Body Connection

Our minds are very powerful, and our bodies respond to the ways we think, feel, and act. Is it possible to harness the power of the mind to lower stress, get better sleep, and enhance our health? Join us as we discuss the mind/body connection and learn several relaxation techniques, including guided imagery, breathing exercises, and progressive muscle relaxation.

**Instructor: Jennifer Johnson, Wellness Coordinator,
BlueCross BlueShield of Western New York**

Wednesday, October 22 **10:30 a.m.**

Orchard Park Senior Center, 662-6452 to register

Thursday, November 20 **2 p.m.**

Baptist Manor, 819-1820 to register

Thursday, December 4 **10 a.m.**

Cheektowaga Senior Center, 686-3930 to register

Medication 101

When people have questions about their medications, they may not follow the timing, dosage, and frequency prescribed. We will discuss the importance of adhering to your treatments or prescriptions, as well as safety concerns surrounding medications, drug interactions, and risks associated with not taking medications. Bring your own questions to add to the discussion!

**Instructor: Mary Bellanti, Registered Pharmacist;
Manager, Clinical Pharmacy Services,
BlueCross BlueShield of Western New York**

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

Orchard Park Senior Center, 662-6452 to register

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

Clarence Senior Center, 633-5138 to register



Shop Smart for Good Health

We'll discuss menu planning and review the new requirements for food labels. You'll learn how to use food labels to make decisions as you shop. Recognize hidden sources of salt and understand the grams of carbohydrates, proteins, etc. in the foods you buy. Fresh, frozen, canned – what's the difference? What do expiration dates mean in terms of food safety?

**Instructor: Sarah Kimpton, M.S., R.D., C.D.N.;
Registered Dietitian, BlueCross BlueShield of
Western New York**

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

Cheektowaga Senior Center, 686-3930 to register

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

Clarence Senior Center, 633-5138 to register

Palliative Care: A Better Way to Live with Serious Illness

What is palliative care and why is it important to you and your loved ones? Learn about this field of medicine and how it's helping people with serious illnesses live their lives with improved quality.

**Instructor: Rosemary Collins, Center for Hospice
and Palliative Care**

Friday, October 24 **1 p.m.**

SCENE/Concord Town Hall, 592-7599 to register



healthy tip

Whether you are an athlete or a casual exerciser, proper stretching should be part of your workout. Make sure you are stretching properly:

- Don't bounce as you stretch
- Focus on major muscle groups, including calves, thighs, hips, lower back, neck, and shoulders
- You'll feel some tension while you're stretching, but be careful not to hurt yourself

What You Can Do to Prevent Falls

The Centers for Disease Control estimates that one out of three people over the age of 65 fall each year. Learn how to prevent a fall from happening to you. We'll discuss ways to make your home safer and practice some exercises you can do at home to reduce your risk of a fall.

**Instructor: Jennifer Johnson, Wellness Coordinator,
BlueCross BlueShield of Western New York**

Thursday, October 9 **10 a.m.**

Cheektowaga Senior Center, 686-3930 to register

Class Listings by Facility

AMHERST SENIOR CENTER • REGISTER AT 636-3055, EXT. 3108

Day	Date	Time	Topic
Thursday	October 9	12:45 p.m.	New Medicare Rules Increase Access to Care
Friday	October 10	12:45 p.m.	History of the Buffalo Mafia
Wednesday	October 15	6 p.m.	The Burgundy Region of France
Monday	October 20	12:45 p.m.	The Erie County Fair: 175 Fairs of Tradition, Agriculture, and Excitement
Wednesday	October 22	12:45 p.m.	Active Weather in WNY
Wednesday	October 29	12:45 p.m.	General "Wild Bill" Donovan
Thursday	October 30	12:45 p.m.	A View of the Oval Office from Capitol Hill
Wednesday	November 5	6 p.m.	Understanding Pain and Neuropathy
Thursday	December 4	12:45 p.m.	The Evolution of French Fashion
Friday	December 5	12:45 p.m.	Maya Angelou's Life and Works

BAPTIST MANOR • REGISTER AT 819-1820

Day	Date	Time	Topic
Thursday	October 2	2 p.m.	Getting the Most from your Zzzz's
Tuesday	October 7	2 p.m.	America's Leading Import: People
Wednesday	October 8	2 p.m.	Bees and Butterflies in Decline
Tuesday	October 14	2 p.m.	Maya Angelou's Life and Works
Monday	October 20	2 p.m.	A View of the Oval Office from Capitol Hill
Wednesday	October 22	3:30 p.m.	The Evolution of French Fashion
Tuesday	October 28	2 p.m.	The Fight for Women's Suffrage
Friday	October 31	2 p.m.	Edgar Allan Poe
Monday	November 3	2 p.m.	The World from a Poet's Perspective
Wednesday	November 5	2 p.m.	Ukraine
Friday	November 7	2 p.m.	John Steinbeck
Tuesday	November 11	2 p.m.	Women Spies in U.S. History
Wednesday	November 12	2 p.m.	Mary Cassatt
Thursday	November 20	2 p.m.	Making the Mind/Body Connection
Wednesday	December 10	2 p.m.	The Hero and Heroine in American Literature

Class Listings by Facility

C A N T E R B U R Y W O O D S • R E G I S T E R A T 9 2 9 - 5 8 2 3			
Day	Date	Time	Topic
Monday	September 29	8 p.m.	The Angola Horror: The Train Wreck that Transformed American Railroads
Wednesday	October 1	8 p.m.	History of the Buffalo Mafia
Thursday	October 2	8 p.m.	The Fight for Women's Suffrage
Thursday	October 9	8 p.m.	Maya Angelou's Life and Works
Tuesday	October 14	8 p.m.	Iraq: A Divided Future?
Tuesday	October 21	8 p.m.	Discovering Buffalo, One Street at a Time
Wednesday	October 22	8 p.m.	Bees and Butterflies in Decline
Tuesday	October 28	8 p.m.	The World from a Poet's Perspective
Wednesday	October 29	8 p.m.	The Nippon Buzz: Headlines in Japan, 2014
Wednesday	November 5	8 p.m.	Mary Cassatt
Thursday	November 6	8 p.m.	The Political Landscape in 2014
C H E E K T O W A G A S E N I O R C E N T E R • R E G I S T E R A T 6 8 6 - 3 9 3 0			
Day	Date	Time	Topic
Thursday	October 9	10 a.m.	What You Can Do to Prevent Falls
Wednesday	October 15	10 a.m.	Women Spies in U.S. History
Thursday	October 16	1 p.m.	The Amish
Tuesday	October 21	1 p.m.	Life Reimagined
Thursday	November 6	10 a.m.	Shop Smart for Good Health
Friday	November 14	1 p.m.	The Political Landscape in 2014
Friday	November 21	1 p.m.	Discovering Buffalo, One Street at a Time
Thursday	December 4	10 a.m.	Making the Mind/Body Connection
C L A R E N C E S E N I O R C E N T E R • R E G I S T E R A T 6 3 3 - 5 1 3 8			
Day	Date	Time	Topic
Friday	October 10	1:30 p.m.	Discovering Buffalo, One Street at a Time
Friday	October 17	1:30 p.m.	America's Leading Import: People
Monday	October 20	1:30 p.m.	Understanding Pain and Neuropathy
Wednesday	October 29	1:30 p.m.	20th Century Americana: Norman Rockwell and Grant Wood
Monday	November 3	1:30 p.m.	The Political Landscape in 2014
Friday	November 7	1:30 p.m.	Bees and Butterflies in Decline
Wednesday	November 12	1:30 p.m.	Iraq: A Divided Future?
Thursday	November 13	1:30 p.m.	The Amish
Friday	November 14	1:30 p.m.	Shop Smart for Good Health
Monday	November 17	1:30 p.m.	Medication 101
Tuesday	November 25	1:30 p.m.	Active Weather in WNY

Class Listings by Facility

KEN-TON PRESBYTERIAN VILLAGE • REGISTER AT 874-6070 EXT. 18

Day	Date	Time	Topic
Thursday	October 16	6:30 p.m.	History of the Buffalo Mafia
Thursday	October 23	6:30 p.m.	General "Wild Bill" Donovan
Monday	November 3	1:30 p.m.	A View of the Oval Office from Capitol Hill
Thursday	November 20	2 p.m.	Life Reimagined
Thursday	December 11	2 p.m.	Women Spies in U.S. History
Thursday	January 8	2 p.m.	Getting the Most from your Zzzz's

ORCHARD PARK SENIOR CENTER • REGISTER AT 662-6452

Day	Date	Time	Topic
Friday	October 3	1 p.m.	Foxes
Monday	October 6	1 p.m.	Medication 101
Tuesday	October 7	1 p.m.	New Medicare Rules Increase Access to Care
Friday	October 10	1 p.m.	America's Leading Import: People
Thursday	October 16	1 p.m.	Charles Dickens
Thursday	October 16	3 p.m.	The Nippon Buzz: Headlines in Japan, 2014
Monday	October 20	3 p.m.	I Am Woman, Hear Me Roar! The Women's Movement from the 1960s to Today
Tuesday	October 21	1 p.m.	Women Spies in U.S. History
Wednesday	October 22	10:30 a.m.	Making the Mind/Body Connection
Thursday	October 23	1 p.m.	Life Reimagined
Thursday	October 23	3 p.m.	The Fight for Women's Suffrage
Monday	October 27	1 p.m.	John Steinbeck
Monday	October 27	3 p.m.	<i>Scribblin' for a Livin'</i> : Mark Twain's Pivotal Years in Buffalo
Tuesday	October 28	1 p.m.	Iraq: A Divided Future?
Monday	November 3	3 p.m.	Discovering Buffalo, One Street at a Time
Thursday	November 6	1 p.m.	The Amish
Thursday	November 13	1 p.m.	Edgar Degas
Monday	November 17	1 p.m.	Ukraine
Tuesday	November 18	1 p.m.	Mary Cassatt
Monday	November 24	1 p.m.	The Meaning Behind the Words: The Poetry of Robert Frost

SPRINGVILLE CONCORD ELDER NETWORK (SCENE) • REGISTER AT 592-7599

Day	Date	Time	Topic
Friday	September 26	1 p.m.	Women of the Roycroft
Friday	October 3	1 p.m.	Hard Times in Western New York: 1812 - 1844
Friday	October 10	1 p.m.	The United Nations on the Niagara River
Friday	October 17	1 p.m.	Ernest Hemingway
Friday	October 24	1 p.m.	Palliative Care: A Better Way to Live with Serious Illness

Retired & Senior Volunteer Program
Erie County Department of Senior Services
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