

UNIVERSITY EXPRESS

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2019



"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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THE ARTS, WELLNESS,
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ERIE COUNTY DEPARTMENT
OF SENIOR SERVICES



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**BlueCross BlueShield
of Western New York**

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TABLE OF CONTENTS

Welcome Letter	5
Class Locations	6
Class Listings by Topic	
Current Affairs	7
History.....	10
Humanities.....	14
Science and Medicine	17
Wellness and Personal Enrichment	20

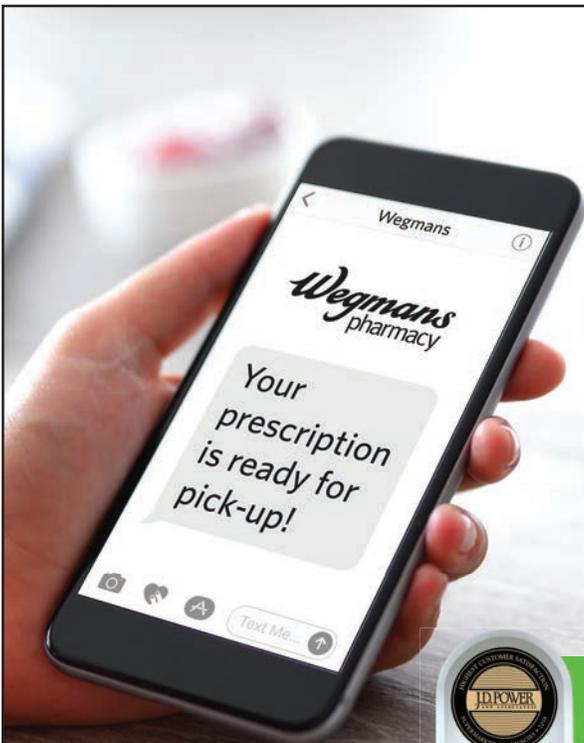


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Wegmans received the highest score among supermarket pharmacies in the J.D. Power 2018 U.S. Pharmacy Study of customers' satisfaction with their pharmacy. Visit jdpower.com/awards

Welcome to University Express, Spring 2019 Edition

Dear Friends,

It's time to dust off those notebooks and get back to class! Spring is a time for growth and opportunity, and as such, we've made a few updates to University Express. We have a new program coordinator, Katie Earl, and a newly formatted catalog. We appreciate your support and enthusiasm as we embark on a new chapter!

What I love most about University Express is the ability to learn and connect with others who have shared interests. We strive to provide you interesting opportunities to stimulate your mind and build your social network.

I'm excited for all of our classes this semester and hope you find something that speaks to you. Happy learning!



Timothy R. Hogues
Commissioner
Erie County Department
of Senior Services



**ERIE COUNTY DEPARTMENT
OF SENIOR SERVICES**

Home Delivered Meals **Retired Seniors Volunteer Program**
Living Healthy Classes **Benefit Enrollment Center**
University Express **Case Management**
Transportation **Matter of Balance / Falls Prevention**
Home Care Services **Outreach** **Monthly Respite Services**
Social Adult Day Programs **Stay Fit Dining Program** **Nutrition Counseling**
Powerful Tools for Caregivers Classes **Aging Mastery Program**
Information and Referral
Personal Emergency Response System **Support Groups**
Caregiver Support Counseling **Club 99 Exercise**
Health Insurance Counseling
Erie County Senior Services / NY CONNECTS: 858-8526



CLASS LOCATIONS

Amherst Senior Center
370 John James Audubon Pkwy.
Amherst 14228
Phone: 636-3055 x3108

Baptist Manor
276 Linwood Ave.
Buffalo 14209
Phone: 819-1820

Canterbury Woods
705 Renaissance Dr.
Williamsville 14221
Phone: 929-5120

Cheektowaga Senior Center
3349 Broadway St.
Cheektowaga 14227
Phone: 686-3930

City of Tonawanda Public Library
333 Main St.
City of Tonawanda 14150
Phone: 693-5043

Clarence Senior Center
4600 Thompson Rd.
Clarence 14031
Phone: 633-5138

Elma Public Library
1860 Bowen Rd.
Elma 14059
Phone: 652-2719

Grand Island Golden Age Center
3278 Whitehaven Rd.
Grand Island 14072
Phone: 773-9682

The GreenFields
5953 Broadway St.
Lancaster 14086
Phone: 684-8400

Hamburg Senior Community Center
4540 Southwestern Blvd.
Hamburg, NY 14075
Phone: 646-0665

Montabaur Heights/Brothers of Mercy
4530 Ransom Rd.
Clarence 14031
Phone: 407-5104

Orchard Park Senior Center
70 Linwood Ave.
Orchard Park 14127
Phone: 662-6452

SCENE/Concord Senior Center
40 Commerce Dr.
Springville 14141
Phone: 770-7277

Town of Aurora Senior Center
101 King St., Suite A
East Aurora 14052
Phone: 652-7934

Town of Evans Senior Center
999 Sturgeon Point Rd.
Derby 14047
Phone: 947-0974

Town of Tonawanda Senior Center
291 Ensminger Rd.
Tonawanda 14150
Phone: 874-3266

Booms, Bubbles, and Busts in the US Stock Market

A look at recent booms, bubbles, and crashes in the American stock market, including the housing bust.

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 2 1 p.m.
City of Tonawanda Public Library, 693-5043 to register

Wednesday, May 22 1:30 p.m.
The GreenFields, 684-8400 to register

Tuesday, June 25 1 p.m.
Town of Evans Senior Center, 947-0974 to register

Brexit: In or Out? Implications for the EU, the UK, and the US

Take a deep dive into the UK's history as an awkward partner, the different post-Brexit scenarios, and implications for political and economic security.

Instructor: Dr. Laurie Buonanno, professor of Political Science, Buffalo State College

Wednesday, June 12 1 p.m.
Cheektowaga Senior Center, 686-3930 to register

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

Tuesday, June 25 10:30 a.m.
The GreenFields, 684-8400 to register

Thursday, June 27 7:30 p.m.
Canterbury Woods, 929-5120 to register

Wednesday, July 10 1:30 p.m.
Town of Aurora Senior Center, 652-7934 to register

Wednesday, July 24 6 p.m.
Amherst Senior Center, 636-3055 x3108 to register

Challenges to Native Well-Being: Trauma and Community History

Learn about the seldom recognized aspects of history that have not been favorable for many Native peoples and communities.

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

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

Monday, May 6 1 p.m.
Grand Island Golden Age Center, 773-9682 to register

Thursday, June 6 2 p.m.
Baptist Manor, 819-1820 to register

Cuba: A Land in Transition

With several governmental changes, more Americans have taken the opportunity to travel to Cuba. Learn about what's happening on this island nation.

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

Monday, May 20 1 p.m.
Cheektowaga Senior Center, 686-3930 to register

Thursday, May 30 2 p.m.
Elma Public Library, 652-2719 to register

Disappearing Act: What Happened to the Middle Class?

We'll discuss how neither side of the political spectrum has been able to slow down the depletion of the middle class, which has shrunk by about 2% every decade.

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, April 18 1 p.m.
City of Tonawanda Public Library, 693-5043 to register

Friday, May 24 1 p.m.
Grand Island Golden Age Center, 773-9682 to register

Friday, June 7 2 p.m.
Amherst Senior Center, 636-3055 x3108 to register

Federal Reserve, Interest Rates, and the US Economy

Explore how nothing affects America's finances more than the actions of the Federal Reserve.

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 16 **1 p.m.**

City of Tonawanda Public Library, 693-5043 to register

The Global Crisis of Fresh Water

Learn how global freshwater resources are threatened by rising demands from growing populations and climate change.

Instructor: Claude Welch, distinguished service professor emeritus of Political Science, University at Buffalo

Monday, June 3 **1 p.m.**

Town of Evans Senior Center, 947-0974 to register

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

Canterbury Woods, 929-5120 to register

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

Grand Island Golden Age Center, 773-9682 to register

How Can We Hear Each Other When Our Views Are So Polarized?

Explore how national politics today are more polarized than at any time since the Civil War and Reconstruction.

Instructor: Marian Deutschman, Ph.D., professor emerita of Communications, Buffalo State College

Monday, May 20 **1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

Monday, June 3 **2 p.m.**

Baptist Manor, 819-1820 to register

Wednesday, June 5 **6 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

Tuesday, June 18 **7:30 p.m.**

Canterbury Woods, 929-5120 to register

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

Hamburg Senior Community Center, 646-0665 to register

Poland and the Politics of History: Post-Communist Democracy and Its Current Challenges

Learn about the rise of populism in Poland and other Eastern European countries.

Instructor: Andrew Kier Wise, professor of History, director of the Center for Polish Studies, Daemen College

Monday, June 24 **10 a.m.**

Cheektowaga Senior Center, 686-3930 to register

Rise of Authoritarianism in the 21st Century

We'll compare and contrast past examples of highly authoritarian states and discuss the ways post-Cold War cases are similar and different.

Instructor: Mustafa Gokcek, associate professor of History, director of Interdisciplinary Studies, Niagara University

Monday, May 6 **1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

Thursday, May 9 **1 p.m.**

City of Tonawanda Public Library, 693-5043 to register

Wednesday, May 15 **2 p.m.**

Baptist Manor, 819-1820 to register

Roundabouts

We'll compare the origin of the modern roundabout with its predecessor, the traffic circle.

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

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

Hamburg Senior Community Center, 646-0665 to register

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

City of Tonawanda Public Library, 693-5043 to register

Singapore: From Rags to Riches

This talk shows how Singapore raced from scattered kampongs (villages) to a globally recognized state.

Instructors: Claude Welch, distinguished service professor emeritus of Political Science, University at Buffalo

Friday, May 31 1:30 p.m.

The GreenFields, 684-8400 to register

Syria between Russia and Turkey

This class will address the conflicting positions of Russia and Turkey in Syria.

Instructor: Mustafa Gokcek, associate professor of History, director of Interdisciplinary Studies, Niagara University

Wednesday, May 1 6 p.m.

Amherst Senior Center, 636-3055 x3108 to register

Tuesday, May 7 9:30 a.m.

Clarence Senior Center, 633-5138 to register

To Bitcoin or Not to Bitcoin?

That Is the Question:

Crypto Current and Beyond

The price of Bitcoin skyrocketed into 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

Friday, May 31 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

When Prisoners Are Patients

Explore the ethical and clinical challenges presented to health care personnel working in the Department of Corrections.

Instructor: Dr. Lito Gutierrez, retired medical director of the Regional Medical Unit, Wende Correctional Facility, New York State Department of Corrections

Monday, April 15 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

Tuesday, May 7 2 p.m.

Amherst Senior Center, 636-3055 x3108 to register

Why Hospitals Close

Learn how hospitals and health care facilities can better fit their modern purposes — to produce more health, rather than just deliver more health care.

Instructor: Dr. Lito Gutierrez, retired medical director of the Regional Medical Unit, Wende Correctional Facility, New York State Department of Corrections

Friday, May 10 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Tuesday, June 18 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Wegmans healthy tip

Hydration is the basis for good health. Most fruits and veggies are 80% water and can help you hydrate in a healthy way.



healthy tip

Reconnect with your health and wellness goals by getting outside. Spring and summer are great for hiking, biking, and adventuring through the great outdoors.

1946 Montreal: Home to Two of the World's Greatest Sports Heroes

Learn how French-Canadian culture and society served as a haven for Maurice Richard and Jackie Robinson.

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

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

Town of Tonawanda Senior Center, 874-3266 to register

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

Orchard Park Senior Center, 662-6452 to register

American Marxists: Boris and Anna Reinstein and the Socialist Movement in Buffalo

We'll focus on the Reinstens' roles in providing leadership for the radical Marxist movement in Buffalo through World War I.

Instructor: Andrew Kier Wise, professor of History, director of the Center for Polish Studies, Daemen College

Monday, April 29 **7:30 p.m.**

Canterbury Woods, 929-5120 to register

Monday, June 10 **1 p.m.**

City of Tonawanda Public Library, 693-5043 to register

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

Grand Island Golden Age Center, 773-9682 to register

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

The GreenFields, 684-8400 to register

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

Amherst Senior Center, 636-3055 x3108 to register

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

Orchard Park Senior Center, 662-6452 to register

Buffalo City Hall

Explore the exterior and interior of this Art Deco masterpiece.

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

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

Amherst Senior Center, 636-3055 x3108 to register

Monday, May 13 **1 p.m.**

Grand Island Golden Age Center, 773-9682 to register

Come Aboard: The Buffalo Naval Park, USS The Sullivans, USS The Little Rock, and USS Croaker

Come learn more about the ships docked at the largest inland naval museum in the country.

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

Wednesday, May 8 **1 p.m.**

Grand Island Golden Age Center, 773-9682 to register

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

Town of Aurora Senior Center, 652-7934 to register

Early Buffalo Music and Entertainment

A look back to the beginning of Buffalo's rich entertainment history, from early theaters and concert halls to vaudeville houses and big band nightclubs.

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

Monday, June 17 **2 p.m.**

Amherst Senior Center, 636-3055 x3108, to register

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

City of Tonawanda Public Library, 693-5043 to register



Excelsior Orthopaedics. healthy tip

Being active and following a regular exercise program are important to maintaining healthy bones. Weight-bearing exercise can help prevent osteoporosis too.

The Evolution of French Fashion: From the Second Empire to the Present Day

Learn how French fashion impacted and continues to impact fashion trends around the world.

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

Tuesday, May 28 1:30 p.m.

Clarence Senior Center, 633-5138 to register

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Fourth of July Presentation: Signing Their Lives Away

Our discussion is guided by the book "Signing Their Lives Away: The Fame and Misfortune of the Men Who Signed the Declaration of Independence."

Instructor: Norman Mineo, retired banker and history enthusiast

Tuesday, June 18 2 p.m.

Baptist Manor, 819-1820 to register

Thursday, June 20 2 p.m.

Elma Public Library, 652-2719 to register

Friday, June 21 1 p.m.

Grand Island Golden Age Center, 773-9682 to register

Monday, June 24 1 p.m.

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

Wednesday, June 26 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

Monday, July 1 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Wednesday, July 3 2 p.m.

Amherst Senior Center, 636-3055 x3108 to register

Historic and Influential People from Buffalo: Early 1800s

Meet people who influenced the early history of our region, many of whom received national acclaim for their achievements.

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

Monday, May 13 2 p.m.

Hamburg Senior Community Center, 646-0665 to register

Monday, May 20 1 p.m.

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

Thursday, June 6 1 p.m.

Town of Tonawanda Senior Center, 874-3266 to register

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History of Ballet

Dance your way through the origins and types of ballet.

Instructor: Kimberly Zandi, Imperial Society of Teachers of Dance; ballet instructor

Thursday, May 30 7:30 p.m.

Canterbury Woods, 929-5120 to register

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History of Buffalo Roadways

Learn about the history of transportation in Buffalo, dating back to the Holland Land Company.

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

Tuesday, April 30 1 p.m.

Town of Tonawanda Senior Center, 874-3266 to register

Thursday, June 6 1 p.m.

City of Tonawanda Public Library, 693-5043 to register



healthy tip

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

Wegmans healthy tip

Potassium-rich foods can help lower blood pressure. Choose foods like bananas, plain yogurt, baked potatoes with skin, or cooked spinach.

HMS Bounty: A Mutiny in Paradise

Separate the facts from the legend of what really happened during this voyage over 225 years ago.

Instructor: Ron Smith, retired businessperson and history enthusiast

Thursday, May 23 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Thursday, June 27 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Tuesday, July 30 2 p.m.

Amherst Senior Center, 636-3055 x3108 to register

The Larkin Soap Company

Learn the history of this small soap factory turned multimillion-dollar company.

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

Thursday, May 30 2 p.m.

Amherst Senior Center, 636-3055 x3108 to register

Thursday, June 13 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

A Little-Known History of Discrimination in New England: The Ku Klux Klan Attacks on Franco-Americans in the First Half of the 20th Century

This presentation provides a concise historical outline of the KKK in New England.

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

Thursday, June 6 1:30 p.m.

The GreenFields, 684-8400 to register

Monday, June 10 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Millard Fillmore Revisited

Explore the campaign to deny future requests to attach the Fillmore name to places or things due to his signing of the 1850 Fugitive Slave Act.

Instructor: Claude Welch, distinguished service professor emeritus of Political Science, University at Buffalo

Wednesday, May 29 6 p.m.

Amherst Senior Center, 636-3055 x3108 to register

Friday, June 28 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Near v. Minnesota: Where Freedom of the Press Really Started in the US

This decision's effect on a scandalous event decades later forms one of the most fascinating tales in our nation's history.

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

Wednesday, May 1 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

Tuesday, May 14 2 p.m.

Amherst Senior Center, 636-3055 x3108 to register

Thursday, May 16 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Monday, May 20 7:30 p.m.

Canterbury Woods, 929-5120 to register

Wednesday, May 29 2 p.m.

Baptist Manor, 819-1820 to register

Nelson Mandela

Discover how Mandela went from prison cell to presidential office.

Instructor: Claude Welch, distinguished service professor emeritus of Political Science, University at Buffalo

Monday, May 13 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

The Occupation of France in World War II

The divided years after the German invasion of France in 1940 will be explored with excerpts from the documentary “La France Divisée.”

Instructor: Eileen M. Angelini, Fulbright Scholar and Chevalier dans l’Ordre des Palmes Académiques

Monday, July 15 7:30 p.m.

Canterbury Woods, 929-5120 to register

The Olympics

Learn more about this 122-year-old tradition that continues to inspire and awe people around the world.

Instructor: Theresa Wiater, retired teacher, Clarence Center Elementary School; experienced quilter

Tuesday, May 14 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Wednesday, May 22 1:30 p.m.

Town of Aurora Senior Center, 652-7934 to register

Thursday, June 27 2 p.m.

Amherst Senior Center, 636-3055 x3108 to register

Quilts and the Underground Railroad

Learn how quilts might have been used to contain signals that helped people escape slavery.

Instructor: Theresa Wiater, retired teacher, Clarence Center Elementary School; experienced quilter

Thursday, May 2 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Monday, May 6 1 p.m.

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

Tuesday, May 7 1:30 p.m.

The GreenFields, 684-8400 to register

Friday, May 17 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

Monday, May 20 1 p.m.

Grand Island Golden Age Center, 773-9682 to register

Wednesday, May 29 1:30 p.m.

Town of Aurora Senior Center, 652-7934 to register

Friday, May 31 1 p.m.

SCENE/Concord Senior Center, 770-7277 to register

Thursday, June 6 2 p.m.

Elma Public Library, 652-2719 to register

Rock ‘n’ Roll Buffalo

A review of the musicians, bands, DJs, and clubs that ushered rock music into the Buffalo area.

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

Thursday, May 9 2 p.m.

Elma Public Library, 652-2719 to register

State Quarters

Learn about what’s on the reverse of many of the coins, and why the images and sayings were chosen.

Instructor: Theresa Wiater, retired teacher, Clarence Center Elementary School; experienced quilter

Friday, May 24 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

Understanding Franco-American History and Culture

Explore the French influence in North America from the times of King Louis XIV to the Cajuns in Louisiana.

Instructor: Eileen M. Angelini, Fulbright Scholar and Chevalier dans l’Ordre des Palmes Académiques

Monday, June 3 7:30 p.m.

Canterbury Woods, 929-5120 to register

The Vel d’Hiv Roundup

Learn about the arrests of more than 13,000 French Jews in 1942, and how the French people have since dealt with this traumatic event.

Instructor: Eileen M. Angelini, Fulbright Scholar and Chevalier dans l’Ordre des Palmes Académiques

Tuesday, May 28 7:30 p.m.

Canterbury Woods, 929-5120 to register

“1984”

George Orwell’s frightful look at a possible world if we are not careful.

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

Thursday, May 16 **2 p.m.**
Hamburg Senior Community Center, 646-0665 to register

Thursday, June 6 **1:30 p.m.**
Orchard Park Senior Center, 662-6452 to register

**“A Mind’s Eye Witness”:
Murder in North Buffalo**

A mother of four was shot in her home by intruders in April of 1924. We’ll discuss details of the crime and the investigation by the Buffalo Police Department.

Instructor: Rosanne Higgins, author; adjunct professor of Anthropology, University at Buffalo

Monday, April 29 **2:30 p.m.**
Montabaur Heights/Brothers of Mercy, 407-5104 to register

Monday, May 13 **1:30 p.m.**
Clarence Senior Center, 633-5138 to register

Thursday, May 23 **2 p.m.**
Elma Public Library, 652-2719 to register

Tuesday, June 11 **1 p.m.**
Town of Tonawanda Senior Center, 874-3266 to register

Friday, June 14 **1 p.m.**
City of Tonawanda Public Library, 693-5043 to register

Monday, June 17 **2 p.m.**
Baptist Manor, 819-1820 to register

Monday, June 24 **7:30 p.m.**
Canterbury Woods, 929-5120 to register

Monday, July 22 **2 p.m.**
Amherst Senior Center, 636-3055 x3108 to register

**The Art and Social Vision of
Frank Lloyd Wright**

Examine Wright’s quintessentially American life, along with two of his most significant buildings and his utopian community, Broadacre City.

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

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

The Artist as Engineer

Walk through the multistep process used to bring a simple tube of cane into new life as a complexly designed music-making tool.

Instructor: Max Pipinich, bassoon, Buffalo Philharmonic Orchestra

Tuesday, May 28 **2 p.m.**
Baptist Manor, 819-1820 to register

**Balances of Nature: “The Tempest”
and “Love’s Labour’s Lost”**

Examine the turmoil against forces of nature and the nature of a man’s character in plays that will be performed in Delaware Park.

Instructor: Tracy Snyder, education coordinator, Shakespeare in Delaware Park

Thursday, June 6 **2 p.m.**
Amherst Senior Center, 636-3055 x3108 to register

Friday, June 28 **2 p.m.**
Baptist Manor, 819-1820 to register

**The Darwin Martin House and
Graycliff Landscapes**

Hear a historical perspective of these properties’ landscapes with old photographs, quotes, and photos of the restorations.

Instructor: Nell Gardner, horticulturist

Thursday, April 25 **1 p.m.**
City of Tonawanda Public Library, 693-5043 to register

Wednesday, June 26 **6 p.m.**
Amherst Senior Center, 636-3055 x3108 to register

Wednesday, July 10 **1 p.m.**
Grand Island Golden Age Center, 773-9682 to register



Avoid falls by installing nightlights in your home. A clear path is especially helpful for nighttime trips to the bathroom.

Do Not Go Gentle Authors on Aging

Look at some poems and short selections to see how authors confront growing older.

Instructor: Linda Drajem, retired teacher; writer; poet

Thursday, May 2 2 p.m.

Amherst Senior Center, 636-3055 x3108 to register

Monday, May 6 2 p.m.

Baptist Manor, 819-1820 to register

Tuesday, May 21 2 p.m.

Hamburg Senior Community Center, 646-0665 to register

The Hero and Heroine in American Literature

Examine the unique qualities of American heroes and how they reflect uniquely American values.

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

Thursday, July 18 2 p.m.

Amherst Senior Center, 636-3055 x3108 to register

An Introduction to Native American Cultural Competency

Get a short overview of the many cultural strengths, outside influences, and resiliency of Indigenous peoples.

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

Wednesday, April 3 2 p.m.

Amherst Senior Center, 636-3055 x3108 to register

Monday, June 17 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

“Killers of the Flower Moon: The Osage Murders and the Birth of the FBI” by David Grann

The rise of the FBI emerged partly from the success of this case, but the breadth of the killings has never been resolved.

Instructor: Linda Drajem, retired teacher; writer; poet

Thursday, May 9 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Wednesday, June 12 1:30 p.m.

The GreenFields, 684-8400 to register

Thursday, June 13 2 p.m.

Elma Public Library, 652-2719 to register

Monday, June 17 1 p.m.

Town of Evans Senior Center, 947-0974 to register

Marc Chagall

Learn how this modern artist wove the Jewish culture of traditions and symbols into the fiber of his work.

Instructor: Jean Serusa, certified New York State Art educator

Thursday, June 13 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Meet the Conductor

Meet the BPO’s new assistant conductor and learn about his path from the trumpet section of the Sarasota Orchestra to the podium of the BPO.

Instructor: Todd Craven, conductor, Buffalo Philharmonic Orchestra

Wednesday, May 15 1:30 p.m.

The GreenFields, 684-8400 to register

“Our Town”

The most performed play in American literature. A look at life, death, and infinity through the eyes of regular people.

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

Friday, May 10 1 p.m.

City of Tonawanda Public Library, 693-5043 to register



healthy tip

It’s best to spend much of your time in the shade on sunny days, but choose a water-resistant sunscreen with an SPF of at least 30 when out in the sun.

Robert Frost

America's most well-known and quoted poet. We'll talk about Frost's great poems and discover the insight he had into what it means to be alive.

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

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

Cheektowaga Senior Center, 686-3930 to register

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

Clarence Senior Center, 633-5138 to register

The Scarlet Letter

Hester Prynne's story still resonates today. An examination of how sin affects four people.

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

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

Amherst Senior Center, 636-3055 x3108 to register

Shakespeare's Great Speeches

Through memorable speeches from "Macbeth," "Henry V," "Hamlet," and others, we'll discover the true genius of Shakespeare.

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

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

City of Tonawanda Public Library, 693-5043 to register

To Be Japanese and Christian: The Challenging Novels of Endo Shusaku

We'll discuss Shusaku's great masterpiece, "Silence," which examines enduring faith in dangerous times.

Instructor: Thomas Burkman, 20th-century Japanese historian; past director of Asian Studies; research professor of Asian Studies, emeritus; University at Buffalo

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

Amherst Senior Center, 636-3055 x3108 to register

"To Kill a Mockingbird"

Learn about the most popular book in the US — Harper Lee's novel depicting racial prejudice and growing up in the South.

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

Wednesday, June 5 **2 p.m.**

Baptist Manor, 819-1820 to register

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

SCENE/Concord Senior Center, 770-7277 to register

Victor Hugo: The Man behind "Les Misérables"

Learn about French poet, novelist, and dramatist Victor Hugo's life story, which had spectacular shifts in status and fortune.

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

Tuesday, July 30 **7:30 p.m.**

Canterbury Woods, 929-5120 to register

Vincent van Gogh: Validated

Van Gogh's 19th-century life has suddenly taken on a new glow with 21st-century insights. Get a deeper appreciation for the genius of this man.

Instructor: Jean Serusa, certified New York State Art educator

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

Canterbury Woods, 929-5120 to register

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

Cheektowaga Senior Center, 686-3930 to register

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

Orchard Park Senior Center, 662-6452 to register

Women in the Orchestra

Learn about the history of women in horn sections and Sheryl Hadeka's personal role in the orchestra.

Instructor: Sheryl Hadeka, French horn, Buffalo Philharmonic Orchestra

Monday, April 29 **1 p.m.**

City of Tonawanda Public Library, 693-5043 to register

Aortic Aneurysm: A Silent Killer

Explore prevention, treatment, and management of a silent killer responsible for thousands of deaths each year.

Instructor: Dr. Raphael Blochle, vascular surgeon, UBMD Surgery

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

The GreenFields, 684-8400 to register

Free vascular screening

Saturday, June 8 **8 a.m. – 2 p.m.**

The GreenFields, 684-8400 to register

Breaking the Sugar Habit

We'll discuss why sugar hooks us and tips for overcoming sugar dependency.

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

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

The GreenFields, 684-8400 to register

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

Orchard Park Senior Center, 662-6452 to register

Monday, June 10 **1 p.m.**

Town of Evans Senior Center, 947-0974 to register

Thursday, June 13 **2 p.m.**

Hamburg Senior Community Center, 646-0665 to register

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

SCENe/Concord Senior Center, 770-7277 to register

Monday, June 24 **2 p.m.**

Baptist Manor, 819-1820 to register

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

Amherst Senior Center, 636-3055 x3108 to register

End-of-Life Dreams and Visions

We'll examine content and significance of end-of-life dreams and visions to the dying person, and whether their occurrence can predict nearness to death.

Instructors: Pei C. Grant, research director; and Kate Levy, clinical researcher, Palliative Care Institute

Monday, May 13 **2 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

Friday, June 7 **2 p.m.**

Baptist Manor, 819-1820 to register

Go with Your Gut

We'll discuss common disorders, prevention, treatment, and steps you can take to control your digestive issues.

Instructor: Dr. Steven Barone, board-certified colorectal and general surgeon, General Physicians PC

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

The GreenFields, 684-8400 to register

The Healing Power of Cold

We'll cover the history of using subzero temperatures, how it works, and the expected benefits of reducing joint pain, improving sleep, and more.

Instructors: Robert J. Fronckowiak, Ed.M., M.S., president of Cryo-Wellness of America, LLC.; and Capt. (Ret.) Daniel Lang, BSN, R.N., director of member services

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

Amherst Senior Center, 636-3055 x3108 to register

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

Cheektowaga Senior Center, 686-3930 to register

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

Orchard Park Senior Center, 662-6452 to register

Immunotherapy:

What Is It?

What Is the Promise?

What Is Roswell Park's Role?

Immune responses can effectively control some human cancers — having an impact on the lives of people who have cancer or are at risk of developing it.

Instructor: Roswell Park Comprehensive Cancer Center

Friday, May 17 **2 p.m.**

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

Thursday, June 6 **2 p.m.**

Hamburg Senior Community Center, 646-0665 to register

Niagara Falls:

A Survivor of the Ice Age

We'll look at the unique characteristics of Niagara Falls, including whirlpool reversal, the left-behind falls along the Niagara Escarpment, and more.

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

Monday, May 6 **2 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

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

Town of Aurora Senior Center, 652-7934 to register

Friday, May 10 **1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

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

SCENE/Concord Senior Center, 770-7277 to register

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

Town of Tonawanda Senior Center, 874-3266 to register

Parkinson's 101

We'll discuss what Parkinson's disease is, the signs and symptoms, who it strikes, causes, and current treatments.

Instructor: Christopher Jamele, executive director, Parkinson's Foundation Western New York

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

City of Tonawanda Public Library, 693-5043 to register

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

SCENE/Concord Senior Center, 770-7277 to register

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

Cheektowaga Senior Center, 686-3930 to register

Tuesday, May 28 **2 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

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

Orchard Park Senior Center, 662-6452 to register

Tuesday, June 25 **9:30 a.m.**

Clarence Senior Center, 633-5138 to register

Past, Present, and Future of the Flu

We'll discuss the basics of influenza, influenza vaccines, and lessons from history about effective public health responses to outbreaks.

Instructor: Shauna Zorich, clinical assistant professor of Epidemiology and Environmental Health, School of Public Health and Health Professions, University at Buffalo

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

Amherst Senior Center, 636-3055 x3108 to register

Radiotherapy: What Is It, How Does It Work, and What Is It For?

Get a broad overview of this type of treatment and explore some newer technologies that have improved how patients are treated.

Instructor: Dr. David Mattson, Jr., radiation oncologist, Roswell Park Comprehensive Cancer Center; clinical assistant professor, Jacobs School of Medicine and Biomedical Sciences, University at Buffalo

Tuesday, May 14 **9 a.m.**

Orchard Park Senior Center, 662-6452 to register

Tobacco, Vaping, and e-Cigarettes: What's the Truth?

Learn about the dangers of tobacco, vaping, and e-cigarettes and latest advances.

Instructor: Roswell Park Comprehensive Cancer Center

Friday, June 28 **2 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

Training the Brain for Health Aging

Learn the best ways for keeping aging brains healthy, and what to do to ensure you and your loved ones have the best quality of life.

Instructor: Dr. Kinga Szigeti, director of the Alzheimer's Disease and Memory Disorders Center, UBMD Neurology and the University at Buffalo; professor, University at Buffalo

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

The GreenFields, 684-8400 to register



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!

Understanding Alzheimer’s and Dementia

Learn about the symptoms of Alzheimer’s disease and other types of dementia, as well as the disease’s stages and treatments that can help.

Instructor: Alzheimer’s Association

Monday, June 3 **2 p.m.**
Amherst Senior Center, 636-3055 x3108 to register

Vaccinations

Examine the facts and myths about the safety of vaccines, including claims about links to autism.

Instructor: Shauna Zorich, clinical assistant professor of Epidemiology and Environmental Health, School of Public Health and Health Professions, University at Buffalo

Monday, June 10 **7:30 p.m.**
Canterbury Woods, 929-5120 to register

What Is Prediabetes?

Learn about the risk factors for prediabetes and ways to prevent developing the condition.

Instructor: Darcie Hanson, R.N., clinical coach, BlueCross BlueShield of Western New York

Thursday, May 2 **10 a.m.**
Cheektowaga Senior Center, 686-3930 to register

Thursday, May 30 **1 p.m.**
City of Tonawanda Public Library, 693-5043 to register

Thursday, July 11 **1:30 p.m.**
Orchard Park Senior Center, 662-6452 to register



Cross-training is an ideal way to develop a balanced fitness program. Varying your workout routines engages different muscle groups.

Blood Pressure: A Vital Force for Life

Learn what your blood pressure should be, risk factors for high blood pressure, and how to take control of your risk.

Instructor: Gina Kearney, R.N., HealthFitness

Monday, May 13 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Breaking Old World

The key to breaking your genealogy research is knowing your immigrant ancestors' origins. Learn about American records that can help.

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

Monday, June 3 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Tuesday, June 4 2 p.m.

Hamburg Senior Community Center, 646-0665 to register

Tuesday, June 18 9:30 a.m.

Clarence Senior Center, 633-5138 to register

The Conversation Project

This national campaign encourages people to talk to loved ones about their wishes for future care and to make sure their end-of-life wishes are expressed and respected.

Instructors: Sandra Lauer, R.N., director of Continuum of Care, ECMC; Elder Wiggins, chaplain, Terrace View Long Term Care

Monday, June 24 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

Tuesday, July 9 2 p.m.

Amherst Senior Center, 636-3055 x3108 to register

Creative Problem-Solving: Brainstorming for Your Retirement

Learn how creative problem-solving can help you solve some of the challenges you're facing now or in the future.

Instructor: Rob Kubiak, creative problem-solving facilitator

Monday, July 15 2 p.m.

Amherst Senior Center, 636-3055 x3108 to register

Ditch the Negative Self-Talk

We'll discuss how negative self-talk can affect our confidence, actions, and beliefs. Learn how to change your thoughts from negative to positive.

Instructor: Miranda Zagorski, health coach, BlueCross BlueShield of Western New York

Tuesday, April 30 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Finding US Passenger Lists: 1620s-1950s

This class will feature free and library resources for finding your ancestors' immigration records.

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

Wednesday, May 1 1:30 p.m.

Town of Aurora Senior Center, 652-7934 to register

Friday, May 17 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Wednesday, June 12 2 p.m.

Baptist Manor, 819-1820 to register

Wednesday, July 10 6 p.m.

Amherst Senior Center, 636-3055 x3108 to register

Thursday, July 18 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

Grandparents as Art Teachers

Learn how to use hands-on objects and Gardner's Multiple Intelligences Theory to teach art.

Instructor: Jean Serusa, certified New York State Art educator

Wednesday, May 8 2 p.m.

Baptist Manor, 819-1820 to register

Tuesday, June 11 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Wegmans healthy tip

Fiber intake is important for both gut and heart health. Focus on plant-based foods like fruits, vegetables, dry beans, nuts, seeds, and whole grains.

The Health Benefits of Reading

Learn more about the health benefits of reading books with others, how to start a successful book club, and how to create a reading plan of your own.

Instructor: Rob Kubiak, president, Buffalo Men’s Book Club

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

Grand Island Golden Age Center, 773-9682 to register

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

Elma Public Library, 652-2719 to register

Tuesday, July 23 **2 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

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How Reading Body Language Can Reveal Deception

Take an insightful look at the hidden meaning behind gestures, stances, facial cues, and body movements.

Instructor: Michael Liwicki, retired FBI supervisory special agent; director, Corporate Security and Facility Operations, BlueCross BlueShield of Western New York

Monday, May 13 **1:30 p.m.**

The GreenFields, 684-8400 to register

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Left Brain Versus Right Brain

Our brains are composed of two hemispheres responsible for different functions. Learn basic concepts that will help you understand yourself and others.

Instructor: Theresa Wiater, retired teacher, Clarence Center Elementary School; experienced quilter

Wednesday, May 8 **1 p.m.**

Cheektowaga Senior Center, 686-3930 to register

Thursday, May 9 **2 p.m.**

Hamburg Senior Community Center, 646-0665 to register

Monday, May 13 **7:30 p.m.**

Canterbury Woods, 929-5120 to register

Tuesday, May 14 **9:30 a.m.**

Clarence Senior Center, 633-5138 to register

Minimizing the Effects of Aging

Learn how to prevent and sometimes even reverse conditions commonly associated with the process of aging.

Instructor: Richard Derwald, senior fitness coordinator, Erie County Department of Senior Services

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

Elma Public Library, 652-2719 to register

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

SCeNe/Concord Senior Center, 770-7277 to register

Friday, May 17 **2 p.m.**

Baptist Manor, 819-1820 to register

Tuesday, June 4 **2 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

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

City of Tonawanda Public Library, 693-5043 to register

Tuesday, June 11 **10:30 a.m.**

Hamburg Senior Community Center, 646-0665 to register

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Resistance Bands for Strength Training

Learn about the benefits of upper- and lower-body strength training, the different types of resistance bands, and how resistance programs can improve balance.

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

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

SCeNe/Concord Senior Center, 770-7277 to register

Monday, June 10 **2 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

Friday, June 14 **9 a.m.**

Orchard Park Senior Center, 662-6452 to register

Monday, June 17 **1 p.m.**

Grand Island Golden Age Center, 773-9682 to register

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

City of Tonawanda Public Library, 693-5043 to register

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

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

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

Monday, May 13 **1 p.m.**

City of Tonawanda Public Library, 693-5043 to register

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

Amherst Senior Center, 636-3055 x3108 to register

Understanding Condos, Townhouses, and Patio Homes

Learn the answers to commonly asked questions about residential communities and downsizing.

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

Monday, May 6 **2 p.m.**

Hamburg Senior Community Center, 646-0665 to register

Wednesday, June 5 **2 p.m.**

Amherst Senior Center, 636-3055 x3108 to register

Wednesday, June 12 **10 a.m.**

Cheektowaga Senior Center, 686-3930 to register



healthy tip

Reserve a place on your plate for fresh produce with every meal. Warmer weather means farmers markets and grocery stores will be overflowing with fresh, flavorful produce.

Powerful Tools FOR Caregivers

Powerful Tools is a six-week educational program designed to provide caregivers with the tools they need to take care of themselves. During these sessions, learn how to reduce stress, improve self-confidence, better communicate feelings, locate helpful resources, increase your ability to make tough decisions, and balance your life.

TUESDAYS

April 16 – May 21..... 1–3:30 p.m.
St. David's Episcopal Church
3951 Seneca St., West Seneca

WEDNESDAYS

May 1 – June 5..... 12:30–3 p.m.
Presbyterian Village at North Church
214 Village Park Dr., Williamsville

WEDNESDAYS

October 2 – November 6..... 10 a.m. – 12:30 p.m.
Presbyterian Village at North Church
214 Village Park Dr., Williamsville

Program fee is \$25

Waived for BlueCross BlueShield of Western New York and Independent Health members.

To register, email caregiver@erie.gov or call Erie County Department of Senior Services at 858-8526.

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OF SENIOR SERVICES**

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Erie County Department of Senior Services



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**FREE six-week
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Register today!

Offered throughout Erie and Niagara Counties at senior centers and other locations in Amherst, Buffalo, Clarence, Derby, East Aurora, Lancaster, Lockport, Hamburg, Niagara Falls, North Tonawanda, and Tonawanda

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