

UNIVERSITY EXPRESS

SPRING
2016



"Lifelong Learning for Adults Age 55+"

A PROGRAM OF:

RSVP

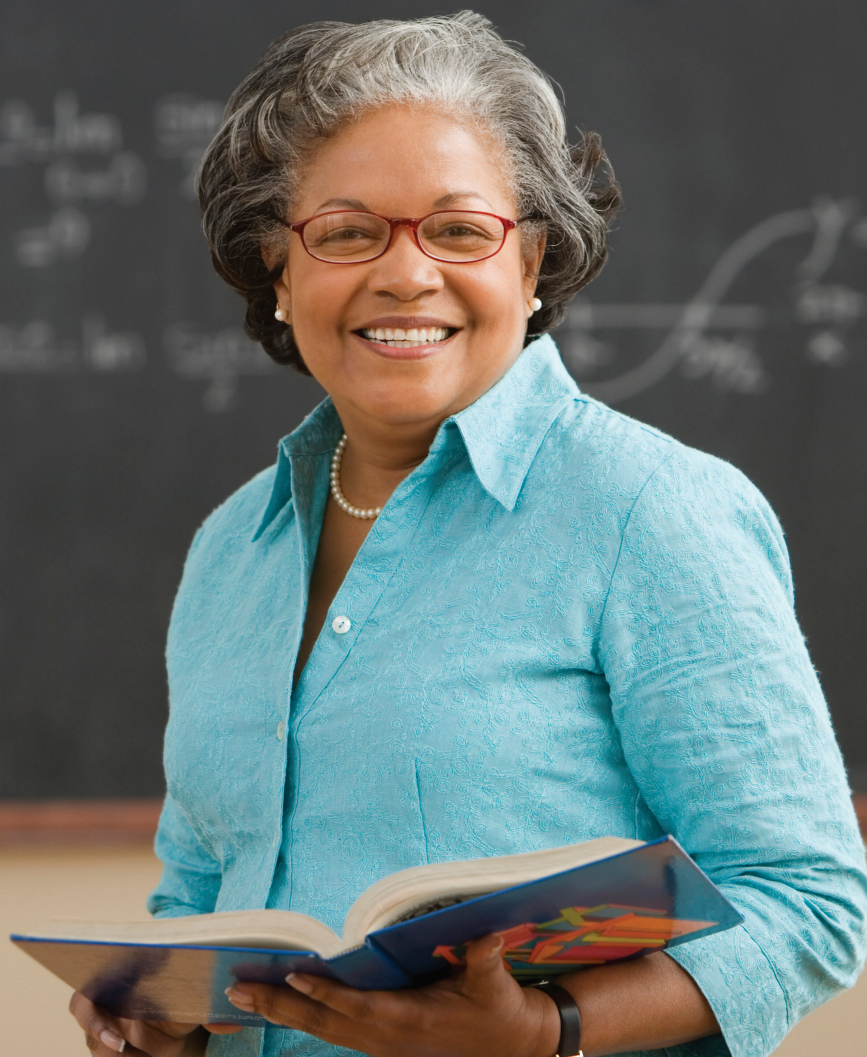
RETIRED & SENIOR
VOLUNTEER PROGRAM

FREE CLASSES

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

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- Amherst Senior Center
- Baptist Manor
- Canterbury Woods
- Cheektowaga Senior Center
- Clarence Senior Center
- Grand Island Golden Age Center
- Hamburg Senior Community Center
- Orchard Park Senior Center
- Springville Concord Elder Network
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ERIE COUNTY DEPARTMENT
OF SENIOR SERVICES

Wegmans



Excelsior
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There's a revolution happening in joint replacement and Excelsior Orthopaedics is leading the way. Success rates are high, recovery times are low, and in some instances you can get a new knee, hip, or shoulder without ever setting foot in a hospital. In addition to having nationally recognized surgeons and facilities, Excelsior is pioneering an approach that puts patients in charge. And that's revolutionary. Appointments are available just as soon as you are, so there's no reason to wait.

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We're for the things that matter to you. We're for the places where we live, work, and play.

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for today. for tomorrow. for WNY.



Welcome to University Express, Spring 2016 Edition



Welcome to another exciting season of University Express. We're proud to say we are now in our 10th year of providing classes to the community. We're grateful for the continued support of the Erie County Department of Senior Services, Excelsior Orthopaedics, and BlueCross BlueShield of Western New York. We're also happy to welcome Wegmans as a new sponsor to our program.

As always, be sure to call and register for any classes you are interested in taking. All classes are free unless noted, and all are taught by instructors with a passion for sharing their knowledge with you.

We would like to take this opportunity to thank the many volunteer instructors who so generously share their time and expertise to make these classes possible.

Feel free to offer your suggestions for future topics.

Pat Dowling

— Patricia Dowling

RSVP

RETIRED & SENIOR
VOLUNTEER PROGRAM

858-7548

Pneumonia Prevention

- Pneumonia can be severe and last for weeks
- Pneumonia risk increases with age and underlying conditions
- Our pharmacists can help you with the pneumonia vaccines you need — no prescription required

**Talk to our
Pharmacist about
getting the vaccine *today!***

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pharmacy



Booms, Bubbles, and Busts in the U.S. Stock Market

We'll look at recent booms, bubbles, and crashes in the American stock



market, including the tech bubble and the housing bust. What is the responsibility of the government or central banks to prevent unsettling and irrational market swings? How can the average citizen navigate through the ups and downs by playing an active and informed role in managing their financial affairs?

Instructors: Jeffrey Goldfarb, Certified Financial Planner and Chartered Advisor in Philanthropy; Adam Goldfarb, Financial Advisor and Philanthropic Consultant

Monday, April 25 10 a.m.

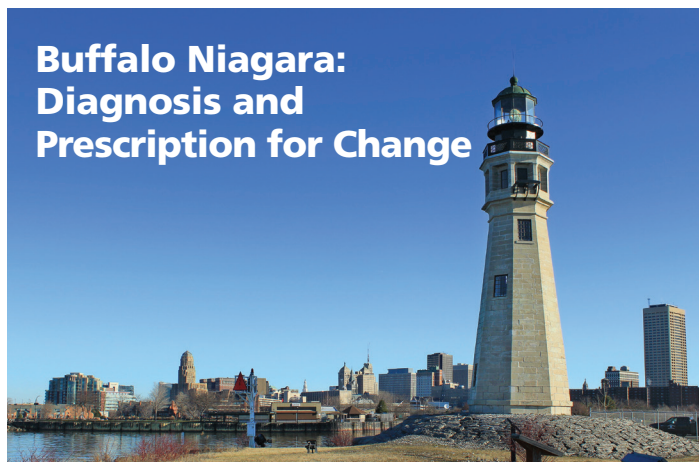
Cheektowaga Senior Center, 686-3930 to register

Tuesday, June 7 10:30 a.m.

Hamburg Senior Community Center, 646-0665 to register

Thursday, June 16 1:30 p.m.

Clarence Senior Center, 633-5138 to register



Buffalo Niagara: Diagnosis and Prescription for Change

Recently, it's been easy to find signs of positive change. Waterfront development, medical campus construction, new business expansion and startups, and an uptick in the population and employment are a few examples. But how is Buffalo really doing? We'll discuss the state of the region; reasons why we are where we are today; and ways to go forward in order for our region to realize its potential.

Instructor: Larry Brooks, local author, Board President of the WNY Land Conservancy

Wednesday, May 11 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Friday, July 22 10 a.m.

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

Disappearing Act: What Happened to the Middle Class?

The middle class has been consistently shrinking since the early 1970s. 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. Strong economies have strong middle classes, and for nearly half of a century, ours has been dwindling.

Instructors: Jeffrey Goldfarb, Certified Financial Planner and Chartered Advisor in Philanthropy; Adam Goldfarb, Financial Advisor and Philanthropic Consultant

Monday, May 16 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Tuesday, May 17 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Tuesday, May 24 8 p.m.

Canterbury Woods, 929-5823 to register



Diversity in Israel

We'll look at the diverse ethnic and religious groups that make up the Israeli population — when and where they came from, what role they play in the nation today, their strengths, and conflicts among them. The discussion will include Jewish, Christian, and Muslim Israelis, "indigenous" communities, and immigrant communities. How has Israel's response to diversity been similar to that of the U.S.? How and why has it been different?

Instructor: Maxine Seller, Professor Emeritus, Graduate School of Education, SUNY Buffalo

Monday, June 20 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Thursday, June 30 8 p.m.

Canterbury Woods, 929-5823 to register



Federal Reserve, Interest Rates and the U.S. Economy

The aftermath of the 2008 financial crisis makes one thing clear: nothing affects the U.S. economy more than the actions of the Federal Reserve. We'll examine how the Fed uses interest rates to slow down or stimulate the economy. How effective is the Fed? Who has authority over it?

Instructors: Jeffrey Goldfarb, Certified Financial Planner and Chartered Advisor in Philanthropy; Adam Goldfarb, Financial Advisor and Philanthropic Consultant

Thursday, May 26 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Gender Imbalance in Politics, Government, and Business

How are the gender imbalances in power impacting men and women? Is the political ambition gap between genders getting wider? Are women's rights and interests protected if men rule and women's voices and influence are reduced? Why do women gravitate away from STEM (science, technology, engineering, and math) programs, especially engineering? What are the barriers to true equality?

Instructor: Marian Deutschman, Public Policy Chair, American Assoc. of University Women; Prof. Emerita of Communications, SUNY Buffalo State

Wednesday, April 27 1 p.m.
Cheektowaga Senior Center, 686-3930 to register

Inside The FBI's Most Elite Department: The Behavioral Analysis Unit

Hear how the FBI's Behavioral Analysis Unit (think of the TV show, "Criminal Minds") investigates special cases, and how non-verbal communication plays a big role in lie detection.

Instructor: Mike Liwicki, retired FBI Special Agent specialized in foreign counterintelligence and espionage; currently Director, Corporate Security and Administrative Services at BlueCross BlueShield of Western New York.

Tuesday, May 10 1 p.m.
Cheektowaga Senior Center, 686-3930 to register

Thursday, May 26 1 p.m.
Hamburg Senior Community Center, 646-0665 to register

Thursday, June 9 1 p.m.
Orchard Park Senior Center, 662-6452 to register

It's A Civil Rights Issue!

In the late 1930's, laws were enacted in 48 of our 50 states to amend the birth certificates of all adopted persons. Using her memoir, *The Names of My Mothers* — a poignant yet powerful story of the relationship forged late in life between the author and her birth mother — author Dianne Sanders Riordan helps us understand the far-reaching implications of this legislation today.

Instructor: Dianne Sanders Riordan, writer and retired administrator, Mental Health Association of Erie County

Tuesday, April 26 1 p.m.
Cheektowaga Senior Center, 686-3930 to register

Friday, May 6 2 p.m.
Baptist Manor, 819-1820 to register

Monday, May 23 1:30 p.m.
Clarence Senior Center, 633-5138 to register

Wednesday, July 27 12:45 p.m.
Amherst Senior Center, 636-3055 ext. 3108 to register

The Middle East and Turkey's Shifting Alliances



We'll examine Turkey's response to the Syrian conflict in terms of border security, migration, and the abiding Kurdish question. What are Turkey's role and goals in the Syrian conflict? How have Turkey's policies and actions affected its relations with the US, the EU, NATO, Russia, and Israel? What will be the impact of this instability on Turkey's own stability and ascendancy as an economic and political force in the Middle East?

Instructor: Mustafa Gokcek, Associate Professor of History, Niagara University

Thursday, May 19 2:30 p.m.
Clarence Senior Center, 633-5138 to register



healthy tip

Foot strength and support are important for bone and joint health. Foot strengthening and balance training exercises improve pain and reduce the risk of falls. It's also important that all footwear — both shoes and sneakers — fit properly, meaning there is good room in the front part of the shoes for your toes and your arch is well supported. Cushioning, especially under the ball and heel areas of our feet, may also be helpful.

The New World of News

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

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

Friday, May 13 **1:30 p.m.**
Orchard Park Senior Center, 662-6452 to register

The Sunni-Shia Divide: Sectarian Conflict or Power Struggle?

Despite the ancient roots of the schism between Sunni and Shia denominations of Islam, only in recent years has it emerged as the biggest fault line in the battle for political and economic dominance in the Middle East. From Yemen to Iraq and Syria to Bahrain, most conflicts in the Middle East pit Sunnis against Shiites. After years of peaceful co-existence, why have sectarian differences become the fuel for violent conflict?

Instructor: Faizan Haq, Asian Studies, SUNY Buffalo

Tuesday, May 10 **8 p.m.**
Canterbury Woods, 929-5823 to register

Monday, June 13 **3 p.m.**
Orchard Park Senior Center, 662-6452 to register

Thursday, July 7 **1:30 p.m.**
Clarence Senior Center, 633-5138 to register

Turning Around U.S. Voter Turnout Rates

Voter turnout in the U.S. is much lower than most established democracies. Why do so many U.S. citizens choose not to vote? How can we increase civic participation among those least likely to vote? Would turnout rates be improved by modernized registration procedures, more online and early voting, or even making Election Day a national holiday?

Instructor: Marian Deutschman, Public Policy Chair, American Assoc. of University Women; Prof. Emerita of Communications, SUNY Buffalo State

Tuesday, June 7 **12:45 p.m.**
Amherst Senior Center, 636-3055 ext. 3108 to register

Ukraine and Russia

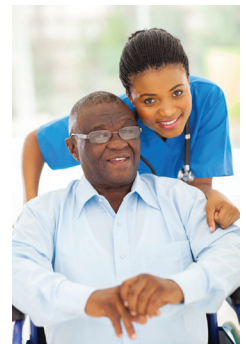
We'll examine the current geopolitical situation in Ukraine, including the relationship between the Ukrainian President Poroshenko and Russian President Putin. How will the ongoing conflict be affected by the collapse of oil prices, and Ukraine's new trade agreement with the European Union? Is it likely that Ukraine will be a future member of the European Union? What will be the role of the U.S., NATO, and Russia in achieving a diplomatic solution?

Instructors: Yuri Hreshchyshyn, President, Ukrainian-American Civil Center of Buffalo; Greg Olma, former Erie County Legislator and current Erie County Deputy Parks Commissioner

Monday, June 6 **1:30 p.m.**
Clarence Senior Center, 633-5138 to register

CENTER FOR EXCELLENCE IN AGING & COMMUNITY WELLNESS Living Healthy NY Community Workshops

Developed at Stanford University, the Living Healthy program teaches adults with chronic conditions such as diabetes, arthritis, asthma, etc., valuable tools to live a healthy and more active life. Trained volunteer leaders will teach a series of six interactive workshops, once a week for 2.5



hours. For information about additional workshops held at other locations in Erie County, call Erie County NY Connects at (716) 858-8526.

Chronic Disease Self-Management Program

Wednesdays, June 1, 8, 15, 22, 29 and July 6 **6:30 p.m.**
Clarence Senior Center, 633-5138 to register

Diabetes Self-Management Program

Mondays, July 11, 18, 25, August 1, 8, 15 **6 p.m.**
Cheektowaga Senior Center, 686-3930 to register

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

In 1946, Montreal was home to two of the world's greatest sports heroes: Maurice Richard of the Montreal Canadiens hockey team, and Jackie Robinson of the Montreal Royals minor league baseball team. Learn about Richard, Robinson, and their bond through French-Canadian culture and society, which served as a support system and haven from linguistic, religious, and racial discrimination.

Instructor: Eileen Angelini, Fulbright Scholar, Professor of French, Canisius College

Friday, May 20 10 a.m.

Grand Island Golden Age Center, 773-9682 to register

Tuesday, June 14 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

A Little-Known History of Discrimination in New England

Not many know that the Ku Klux Klan terrorized Catholic French Canadians who flooded into New England mill towns at the turn of the 20th century. Fueled by the fear of people who spoke a different language and practiced a different religion, New England Klan members were powerful and even more numerous than in the South. One was even elected governor of Maine.

Instructor: Eileen Angelini, Fulbright Scholar, Professor of French, Canisius College

Thursday, June 16 2 p.m.

Baptist Manor, 819-1820 to register

Monday, June 20 1:30 p.m.

Clarence Senior Center, 633-5138 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, constructing City Hall on Niagara Square and with the style it has, changed the way the city of Buffalo looks. Explore the exterior and interior of this Art Deco masterpiece, including the many symbolic figures and decorations that portray the industrial prowess of our city.

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

Wednesday, June 22 2 p.m.

Baptist Manor, 819-1820 to register

Buffalo's Grain Elevators

During the 1800s and early 1900s, the Great Lakes and Erie Barge Canal were used to move grain from middle America to East Coast cities. Cereals, beers, breads, and food for cattle and other farm animals all came through Buffalo — making it a booming city at the time. Now, after many years of decline, the grain elevators and the waterfront are once again being utilized and ideas for new development multiply daily. Learn about the elevators' colorful history, and what is planned for their future.

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

Thursday, June 9 1 p.m.

Grand Island Golden Age Center, 773-9682 to register

Case Studies from the Asylum

We'll discuss actual records from the Erie County Poorhouse Hospital, the history of the asylum, and how it evolved as New York state laws changed.

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

Wednesday, May 4 2 p.m.

Baptist Manor, 819-1820 to register

Thursday, May 12 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Tuesday, June 14 8 p.m.

Canterbury Woods, 929-5823 to register

Wednesday, June 29 6 p.m.

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

Discovering Buffalo, One Street at a Time: Part 2

We'll continue to explore the background of Buffalo street sign names. How do these names fit into the history of our city and region? Learn about the men and women whose names are forever embedded into our city's fabric.

Instructor: Angela Keppel, Buffalo history enthusiast and urban planner

Monday, June 6 3 p.m.

Orchard Park Senior Center, 662-6452 to register

Donovan's Disciples: The Legend Lives On

When President Truman dismantled the Office of Strategic Services (OSS) after World War II, many thought that was the end of the story for Wild Bill Donovan. But after two years, the OSS was reestablished as the Central Intelligence Agency (CIA). Four of Donovan's OSS protégés eventually took their turn as CIA directors: Alan Dulles, Bill Casey, Bill Colby, and Richard Helms. Among the CIA's most controversial directors, these disciples continued the legacy of Buffalo's Wild Bill.

Instructor: Honorable Salvatore Martoche, Judge, New York Supreme Court, Appellate Div.

Monday, June 27 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

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

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 to present day, with an emphasis on major designers such as Coco Chanel.

Instructor: Eileen Angelini, Fulbright Scholar, Professor of French, Canisius College

Thursday, June 9 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Friday, June 10 10 a.m.

Grand Island Golden Age Center, 773-9682 to register

GI Bill of Rights and Post-World War II America

After World War I, millions of former doughboys were without jobs and America went through a sharp depression. Failure to help these young men led to continuing conflicts in the 1920s and 1930s. To avoid these problems, after World War II Congress passed the "GI Bill" in 1944, changing America in ways that can still be felt.

Instructor: Bruce Caley, retired history teacher, Buffalo Public Schools

Tuesday, May 24 2 p.m.

Baptist Manor, 819-1820 to register

Wednesday, May 25 3:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Monday, August 1 12:45 p.m.

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

Guaranty Building

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



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

Thursday, May 19 12:30 p.m.

Springville Concord Elder Network, 592-2768 to register

Hard Times in Western New York – 1812-1844

The early settlers of our region faced unimaginable hardships building "The Queen City of the Lakes." A local author will cover events featured in his new historical novel that is set amidst the events of early Western New York — from the burning of Buffalo during the War of 1812 and the building of "Clinton's Ditch," to the deadly tidal wave in 1844 that also became known as the Lake Erie tsunami, and more.

Instructor: Tim Shannon, author and retired educator

Thursday, June 2 10 a.m.

Grand Island Golden Age Center, 773-9682 to register

I am Woman... Hear me Roar! The Women's Movement from the 1960s to Today

After gaining the vote in the 1920s, women's progress was slowed by WWI and WWII. Post-war, women began the attempt to have an Equal Rights Amendment passed by the U.S. Congress. What were the issues and what happened to those women? 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 U.S. Dept. of Education; former administrator and instructor at Niagara University

Tuesday, May 3 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

Wednesday, May 11 2 p.m.

Baptist Manor, 819-1820 to register

Jacksonian Democracy: A Love Story

The 1820s through the 1840s saw changes in virtually all aspects of American life. At the center of these changes stood Andrew Jackson. Love him or hate him; there was no middle ground. And central to Jackson's role was his love for his wife, Rachel.

Instructor: Bruce Caley, retired history teacher,
Buffalo Public Schools

Thursday, May 26 **8 p.m.**
Canterbury Woods, 929-5823 to register

The Life and Legacy of George Herbert Walker Bush

We'll discuss George H. W. Bush's storied rise in politics from congressman, to U.N. ambassador, to head of the CIA, to vice president, to our 41st president. Based on Jon Meachem's new biography, *Destiny and Power: The American Odyssey of George Herbert Walker Bush*. Participants are encouraged to read the book and participate in the discussion.

Instructor: Honorable John J. LaFalce, Member of Congress,
1975-2002, Special Counsel to Hogan Willig

Tuesday, May 10 **1:30 p.m.**
Clarence Senior Center, 633-5138 to register

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

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

Instructor: Norm Mineo, retired banker and history enthusiast

Friday, June 10 **10 a.m.**
Amherst Senior Center, 636-3055 ext. 3108 to register

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

The Music of Our Lives, Buffalo Style

We'll look at Buffalo's rich entertainment heritage, including Big Band, rock 'n' roll from the '50s, garage/psychedelic rock from the '60s, disco/top 40 from the '70s, and rock bands of the early '80s. See photos of the performers and venues, as well as advertisements from the clubs/concert halls where they performed.

Instructor: Rick Falkowski, founder of the Buffalo Music Hall of Fame and Buffalo Music Awards

Tuesday, May 17 **1 p.m.**
Cheektowaga Senior Center, 686-3930 to register

Friday, May 27 **1:30 p.m.**
Clarence Senior Center, 633-5138 to register

Wednesday, June 8 **2 p.m.**
Baptist Manor, 819-1820 to register

Monday, June 20 **12:45 p.m.**
Amherst Senior Center, 636-3055 ext. 3108 to register

Nelson Mandela

Born in an era of racial segregation and oppression in South Africa, Nelson Mandela made it his life's mission to fight for an equal and democratic society in his country. After 27 years in jail, Mandela helped prevent civil war and became South Africa's first black president. By the time of his death, he'd become a renowned statesman and global icon. Discover how Mandela went from prison cell to presidential office.

Instructor: Claude Welch, Distinguished Service Prof.,
Political Science, SUNY Buffalo

Tuesday, May 10 **2 p.m.**
Baptist Manor, 819-1820 to register

Personal Perspectives and Experiences with Six U.S. Presidents

Congressman John J. LaFalce was first elected to the House of Representatives in 1974, and served successive terms for his Western New York district until 2003. Hear the congressman's first-hand account and personal perspectives on Gerald Ford, Jimmy Carter, Ronald Reagan, George H.W. Bush, Bill Clinton, and George W. Bush.

Instructor: Honorable John J. LaFalce, Member of Congress,
1975-2002, Special Counsel to Hogan Willig

Tuesday, May 17 **10 a.m.**
Hamburg Senior Community Center, 646-0665 to register



healthy tip

Achieving and maintaining a healthy weight lowers your risk for colorectal cancer.

The Psychic Highway: How the Erie Canal Changed America

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

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

Friday, May 13 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Monday, May 23 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Tuesday, August 2 10 a.m.

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

The Rise, Fall, and Future of Buffalo Central Terminal

Completed in 1929, Buffalo Central Terminal was one of the largest railroad terminals ever built in America. A transportation hub for 50 years, the last train departed in 1979, leaving an uncertain future for the site. Learn why it was built outside of the downtown core, what led to its quick demise, and how volunteers are working to keep this important architectural landmark alive for future redevelopment.

Instructor: Marty Biniasz, Dir. Special Events for the Erie County Fair, co-founder of Dyngus Day Buffalo and annual Dyngus Day Buffalo parade

Monday, May 16 1 p.m.

Orchard Park Senior Center, 662-6452 to register

Tuesday, May 17 8 p.m.

Canterbury Woods, 929-5823 to register

Singapore: From Rags to Riches

How did Singapore move from a poor, newly independent mini-state, to the third-richest society in the world in only 50 years? This illustrated talk shows how Singapore raced from scattered villages to a globally recognized state, now known as a financial, manufacturing, and shipping center.

Instructors: Jeannette Ludwig, Asso. Prof., Romance Languages and Literature, and Claude Welch, Distinguished Service Prof., Political Science; both SUNY Buffalo and recently returned from teaching in Singapore

Monday, May 16 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

Tuesday, June 21 1:30 p.m.

Clarence Senior Center, 633-5138 to register

The Sinking of the Lusitania 100 Years Ago

On May 7, 1915 the Lusitania was struck by a single torpedo and sank in less than twenty minutes off the coast of Ireland. Many Americans died, including Elbert and Alice Hubbard and Albert Vanderbilt. The nature of the explosions that sank the ship, along with the United States, German, and English politics surrounding her demise, still remain controversial topics.

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

Monday, May 2 2 p.m.

Baptist Manor, 819-1820 to register

There's DNA to Prove It: Message from Beyond

Explore a true account of what it took to help police catch two killers who had been building up cold case files for more than twenty years. Exonerating two innocent people who had been falsely imprisoned, detective Dennis Delano and the city of Buffalo went on to change New York state laws based on these truths coming to light. Based on the instructor's nonfiction book.

Instructor: Jacqueline Lunger, psychic medium, author

Thursday, June 2 1 p.m.

Orchard Park Senior Center, 662-6452 to register

Wednesday, June 8 12:45 p.m.

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

Wednesday, June 15 2 p.m.

Baptist Manor, 819-1820 to register

Wednesday, June 29 1:30 p.m.

Clarence Senior Center, 633-5138 to register

The War of Currents

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

Instructor: Jack Foran, freelance writer, former technical writer, and editor for environmental and engineering firm

Monday, June 20 2 p.m.

Baptist Manor, 819-1820 to register

Monday, July 25 10 a.m.

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

Alice in Wonderland and Alice's Adventures Through the Looking Glass

Learn about the literary references, the political background and lots of interesting things about England that most people never imagined when they read the book as a child.

Instructor: June Justice Crawford, retired administrator/
instructor at Niagara University, U.S. Dept. of Education

Friday, April 15 **10 a.m.**
Grand Island Golden Age Center, 773-9682 to register

Frida Kahlo and Diego Rivera

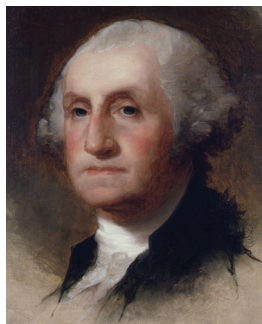
Kahlo and Rivera are two of Mexico's most prominent artists. Their passionate and stormy marriage is one of the most famous artist alliances. Each had incredible talent and visions, but very different artistic styles. Best known for her self-portraits, Kahlo's work is remembered for its "pain and passion," and intense, vibrant colors. Rivera was Mexico's best-known muralist. An avowed communist, he was as well known for his controversial beliefs as he was for his art.

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

Wednesday, June 1 **2 p.m.**
Baptist Manor, 819-1820 to register

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 waiting to be revealed? Hear about the instructor's in-depth research on our historic leaders and the often over-looked artists they posed for.



Instructor: Jean Serusa, certified NYS Art Educator and docent
at Burchfield Penney Art Center

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

Thursday, June 9 **12:30 p.m.**
Springville Concord Elder Network, 592-2768 to register

Georgia O'Keeffe: An American Art Icon Revisited

O'Keeffe is known for her paintings of huge, colorful flowers and bones in dream-like deserts. What can we learn from her unique perspective and outlook of her surroundings? Join us for an overview of O'Keeffe's works and influences, and a discussion of her life as a woman in the last century.

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

Tuesday, May 31 **1 p.m.**
Orchard Park Senior Center, 662-6452 to register

Is It Art? The Mid-Century Modern and Minimalist Art Movement

What prompted modern artists to break down form, and take a purely conceptual view that anything and everything can be art? By viewing examples of artists' works such as Mondrian, Stella, Arp, and more, we will look at a variety of art concepts and results, some of which you may have walked past on your last museum visit.

Instructor: Jean Serusa, certified NYS Art Educator and
docent at Burchfield Penney Art Center

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

Tuesday, May 24 **12:45 p.m.**
Amherst Senior Center, 636-3055 ext. 3108 to register

Tuesday, June 7 **1 p.m.**
Orchard Park Senior Center, 662-6452 to register

Langston Hughes and the Harlem Renaissance

Langston Hughes is the poet laureate of African-American experience — a popular writer of the Harlem Renaissance who gave hopeful expression to the aspirations of the oppressed, even as he decried racism and injustice. In addition to poetry, he published fiction, drama, autobiographies, and translations.

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

Thursday, May 12 **8 p.m.**
Canterbury Woods, 929-5823 to register

Wednesday, June 22 **12:45 p.m.**
Amherst Senior Center, 636-3055 ext. 3108 to register

Moved to Write II

Using breath and slow movement, a yoga teacher and writing teacher will use simple techniques to relax your mind and body in order to access memory and imagination. Then, using short passages from memoirs, we will work on creative, open-ended writing. No yoga or writing experience necessary. Just come with paper, pencil, and an open mind.

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

Thursday, June 2 2 p.m.

Baptist Manor, 819-1820 to register

Friday, June 3 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Shakespeare's Globe Theatre: Then and Now

William Shakespeare was not only a brilliant playwright, but also a part-owner of the Globe Theatre in London. His plays appealed to a wide audience in the competitive scene of newly popular theatres. We will discuss Shakespeare, the Globe's place in lively Elizabethan London, and its prominence in London and around the world today.

Instructor: Linda Drajem, writer and retired English teacher, SUNY Buffalo State

Thursday, June 2 8 p.m.

Canterbury Woods, 929-5823 to register

Tuesday, June 7 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Thursday, June 9 3 p.m.

Orchard Park Senior Center, 662-6452 to register

Tuesday, June 28 12:45 p.m.

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

Shakespeare's Greatest Speeches

"To be or not to be;" "Tomorrow and tomorrow and tomorrow;" "The quality of mercy is not strained." Many of Shakespeare's greatest and best-loved speeches contain some of his most original and powerful writing, and are an integral part of our language, culture, and everyday lives.

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

Thursday, May 5 1 p.m.

Hamburg Senior Community Center, 646-0665 to register

Thursday, May 19 2 p.m.

Baptist Manor, 819-1820 to register

The Tragedy of Shakespeare's Romantic Lovers

We'll examine how Shakespeare treats romantic love in great dramas such as *Hamlet*, *Macbeth*, *Othello*, *Romeo and Juliet*, and *Antony and Cleopatra*. Prior reading of plays is not required.

Instructor: Robert M. Giannetti, award-winning poet

Thursday, June 9 8 p.m.

Canterbury Woods, 929-5823 to register

The Wit and Wisdom of e.e. cummings

When e.e. cummings started to write, his odd style made it difficult to get his work published. By the time of his death, this "bad boy" of poetry was the most widely read poet after Robert Frost. He influenced 20th century poetry with his unconventional use of space and language, using lines such as "in Justspring when the world is mudluscious." He was also an artist and playwright. We will look at his life, poems, and paintings.

Instructor: Linda Drajem, writer and retired writing teacher

Thursday, June 23 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

RSVP

RETIRED & SENIOR
VOLUNTEER PROGRAM

858-7548

Volunteer Drivers Needed!

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

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

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



Active Weather in Western New York

We'll discuss how active weather impacts our lives through each season. 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 will also cover some basic background information on the National Weather Service.

Instructor: Jon Hitchcock, Senior Forecaster,
National Weather Service

Monday, June 6 1 p.m.

Orchard Park Senior Center, 662-6452 to register

Tuesday, June 14 1 p.m.

Grand Island Golden Age Center, 773-9682 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!

Arthritis and Degenerative Disorders of the Hip, Knee, Shoulder, and Hand

Arthritis, previous injuries, and other joint conditions can interfere with just about every aspect of life. Join surgeons from Excelsior Orthopaedics to discuss what causes joint pain, and explore treatment options to get relief and regain function. Each session will focus on different joints.

Disorders of the Hip and Knee

Matthew Mann, M.D., Excelsior Orthopaedics

Tuesday, April 26 10:30 a.m.

Hamburg Senior Community Center, 646-0665 to register

Matthew Mann, M.D., Excelsior Orthopaedics

Monday, June 6 2 p.m.

Baptist Manor, 819-1820 to register

Nicholas Violante, Excelsior Orthopaedics

Wednesday, June 15 8 p.m.

Canterbury Woods, 929-5823 to register

Peter Shields, M.D., Excelsior Orthopaedics

Wednesday, June 22 6 p.m.

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

Disorders of the Knee

Andrew Stoeckl, M.D., Excelsior Orthopaedics

Wednesday, May 11 10 a.m.

Orchard Park Senior Center, 662-6452 to register

Disorders of the Shoulder and Hand

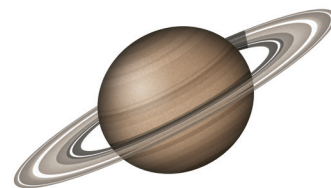
Kory Reed, M.D., Excelsior Orthopaedics

Monday, May 16 3 p.m.

Orchard Park Senior Center, 662-6452 to register

Exploring Our Solar System and Beyond

A summary of recent and ongoing advances in our knowledge of our solar system and what we know about the planets around other stars. As we explore these worlds, some questions are answered, but other questions arise.



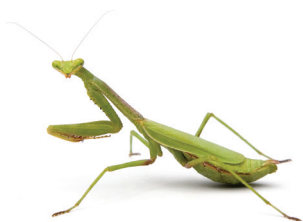
Instructor: Kevin Williams, planetary geologist, Assoc. Prof.,
Earth Sciences and Science Education Dept.; Director,
Whitworth Ferguson Planetarium, SUNY Buffalo State

Thursday, May 5 1:30 p.m.

Clarence Senior Center, 633-5138 to register

The Fascinating World of Insects

Take a captivating journey into a world that is rarely seen and poorly understood. You'll view insects from a new perspective when you learn how they capitalized on many principles of science and civilization, millions of years before we gave ourselves credit for same thing. We'll also discuss insects' products and services that benefit mankind. See the instructor's insect collection and a stereo microscope used for in-depth study.



Instructor: Charles Miess, retired engineer from Moog Inc., amateur naturalist

Thursday, April 21 **12:30 p.m.**
Springville Concord Elder Network, 592-2768 to register

Hiking the Appalachian Trail

At 2,100 miles, the Appalachian Trail is a remote and mountainous trail that starts in Georgia and ends in Maine. Hear a story of the adventures of a father and daughter who hiked several hundred miles of the Appalachian Mountains. It's a story of adversity and elation, as well as grief over losing two friends in the unforgiving wilderness.

Instructor: Charles Miess, storyteller and writer, retired engineer

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

How Physical Therapy Can Help You

Physical therapy can help you recover from and avoid future injuries, as well as regain function/mobility and alleviate pain. We'll cover the most common and practical needs for physical therapy, and demonstrate easy exercises and stretches you can do at home.

Instructor: Keith Feind, A.T.C., Excelsior Orthopaedics

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

Wednesday, June 29 **10 a.m.**
Cheektowaga Senior Center, 686-3930 to register



healthy tip

For the greatest health benefits, try to accumulate a minimum of 2.5 hours of moderate-intensity exercise over the course of a week. You can break it up into 30 minutes a day, 5 days a week.

Just How Old Is Old? Age Is a Relative Thing

Astronomers have determined that our universe is 13.7 billion years old. The age of the Milky Way Galaxy, which appears to have been an original member of the universe, is 13.6 billion years – give or take 800 million years. We will discuss how scientists measure the age of a star, a galaxy, or the universe.

Instructor: Tim Collins, Senior Presenter, Whitworth Ferguson Planetarium

Monday, June 20 **8 p.m.**
Canterbury Woods, 929-5823 to register

Myths and Truths About Concussions

Learn what actually happens when a concussion occurs, how your body responds, and the best course of action if you believe you or a loved one may have suffered a concussion. Explore common myths about concussions and the truth to these rumors.

Instructor: Todd Lorenc, M.D. or Jason Matuszak, M.D., Excelsior Orthopaedics

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

Our Adirondack State Park: The Most Protected Real Estate in the U.S.

For over 120 years, Adirondack State Park has been designated as "forever wild" in the New York State Constitution, making it – and the Catskills, which also hold that designation – the most legally shielded pieces of real estate in the nation. How did this rugged land of mountains, lakes, and rivers so impress certain brave citizens that they fought long and hard to secure that kind of protection?

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

Thursday, May 5 **12:30 p.m.**
Springville Concord Elder Network, 592-2768 to register

Wednesday, May 11 **1 p.m.**
Cheektowaga Senior Center, 686-3930 to register

Monday, May 16 **8 p.m.**
Canterbury Woods, 929-5823 to register

Wednesday, May 25 **2 p.m.**
Baptist Manor, 819-1820 to register

Tuesday, May 31 **1:30 p.m.**
Clarence Senior Center, 633-5138 to register

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

Restoring the Buffalo River



For industries along the Buffalo River, the river was not only a transportation link between suppliers and markets, but also a source of fresh water and receiver of industrial waste by-products. Although discharges of toxic chemicals to the Great Lakes have greatly decreased, other on-going pollution sources are still an issue for our local waterways. We'll discuss remediation plans and the revitalization of this local waterway.

Instructor: Jarrett Steffen, Community Engagement Manager, Buffalo Niagara Riverkeeper

Monday, May 16 **1:30 p.m.**
Clarence Senior Center, 633-5138 to register

Super Bugs and Super Drugs

The overuse of antibiotics has quickly become one of the largest and most concerning public health threats. Several factors have led to a rise in antibiotic resistance, putting communities at risk of potentially devastating diseases. Every member of the community has the potential to help minimize antibiotic resistance. Learn how the right knowledge really can become power.

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

Tuesday, June 7 **8 p.m.**
Canterbury Woods, 929-5823 to register

Watching the Warblers of Springtime

Spring is prime time for bird watching, with large numbers of each species passing through Western New York over only a few weeks. Many birds, including warblers, are easy to identify. Learn tips to recognize the birds that are passing through, including Blackburnian, Cape May, and Hooded Warblers.

Instructor: Tom Kerr, teacher and naturalist, Buffalo Audubon Society

Thursday, April 14 **12:30 p.m.**
Springville Concord Elder Network, 592-2768 to register

PERSONAL ENRICHMENT

The 10 Warning Signs of Alzheimer's Disease: Early Detection Matters

We'll separate myth from reality and address commonly held fears about Alzheimer's Disease. Learn how to tell the difference between Alzheimer's and typical aging, and why early detection is so crucial. The program includes information on risk factors and what you can do to decrease your risk.

Instructor: Julia Szprygada, Chanell McCain, or Tricia Hughes, Alzheimer's Association, WNY Chapter

Friday, April 8 **10 a.m.**
Grand Island Golden Age Center, 773-9682 to register

Monday, June 13 **8 p.m.**
Canterbury Woods, 929-5823 to register

Monday, July 18 **10 a.m.**
Amherst Senior Center, 636-3055 ext. 3108 to register

Aging in Place

"Aging in place" is a term used to describe being able to live in your home for as long as you are able. By recognizing tasks that are becoming more difficult to do, we can find design solutions that will allow you to safely enjoy living in your home. Learn what you can do to modify your home to fit your changing needs, and plan for your future quality of life.

Instructor: Cynthia Caterham, architect and interior designer

Thursday, April 28 **12:30 p.m.**
Springville Concord Elder Network, 592-2768 to register

Thursday, May 12 **12:45 p.m.**
Amherst Senior Center, 636-3055 ext. 3108 to register

Brainstorming

Be part of an interactive theater experience. Audience members will be invited to discuss a story, character struggles, and possible resolutions. This vignette, "Gotcha!" features the struggles that result when one's identity is stolen over the phone.

Presented by the Brainstormers, a troupe of local actors; Keith Elkins, artistic director

Wednesday, June 29 **2 p.m.**
Baptist Manor, 819-1820 to register

Embracing Elderhood: Creating a Plan for Aging

The current long-term care system is fragmented, confusing, and can become overwhelming for seniors and their families. While having a will and other legal documents is a good first step, they may only be useful after you die or are unable to care for yourself. We will discuss the importance of creating a plan for aging that addresses your legal, financial, and long-term care needs.

Instructor: Laurie Menzies, Senior Partner with Pfalzgraf, Beinhauer & Menzies; author of Embracing Elderhood

Tuesday, April 12 **1 p.m.**
Grand Island Golden Age Center, 773-9682 to register

Monday, April 25 **1 p.m.**
Cheektowaga Senior Center, 686-3930 to register

Tuesday, May 10 **12:45 p.m.**
Amherst Senior Center, 636-3055 ext. 3108 to register

Friday, June 3 **1 p.m.**
Orchard Park Senior Center, 662-6452 to register

Fabulous Fiber!

Eating a diet high in fiber is a big step toward improving your health, but most Americans don't consume the recommended 25 to 35 grams of fiber each day. Eating enough fiber can help you control your blood sugar, cholesterol, and even your weight. Join us as we discuss how you can add more fiber to your diet and pick up some healthy recipes, too.

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

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

The Mediterranean Diet

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

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



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

Wednesday, June 29 **1 p.m.**
Cheektowaga Senior Center, 686-3930 to register

Thursday, June 30 **2 p.m.**
Baptist Manor, 819-1820 to register

Organics and GMOs: Separating Fact from Fiction

Advances in technology have vastly changed methods of food production in the last 50 years. We'll explore the history leading up to the terms "organics" and "genetically modified organisms" (GMOs), and the controversy surrounding their health benefits and safety. We'll also cover food labeling and ways to identify foods that are genetically engineered, conventional, or organic.

Instructor: Kerry Keyes, Buffalo State Nutrition and Dietetics

Tuesday, May 3 **8 p.m.**
Canterbury Woods, 929-5823 to register

Friday, May 13 **10 a.m.**
Amherst Senior Center, 636-3055 ext. 3108 to register

Wednesday, May 18 **10 a.m.**
Cheektowaga Senior Center, 686-3930 to register



Excelsior
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healthy tip

Falls are a leading cause of injuries among older adults. Most falls occur around the home. Simple safety modifications substantially cut the risk of falling. You can create a safe environment in your home by using rugs with non-slip bottoms or carpeting floors, cleaning clutter, making sure your stairs have handrails, using night lights, and using rubber slip-free mats in the bath tub.

Photography: An Invitation to See and Journey Anew

Explore how a camera can allow you to connect with a wide variety of subject matter. Learn how to take intentional, planned photographs — and enhance the power of visual images. Preview different editing programs (i.e., Apple's Photo, PowerPoint, and Word's photo editing options) that can help you modify photographs. Note: Cameras will not be used during class.

Instructor: Sharon Cramer, SUNY Distinguished Service, Professor Emerita

Thursday, May 12 12:30 p.m.

Springville Concord Elder Network, 592-2768 to register

Wednesday, May 18 2 p.m.

Baptist Manor, 819-1820 to register

Thursday, June 2 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Wednesday, June 8 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

Wednesday, July 20 12:45 p.m.

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

Plant Power: The Benefits of a Whole Foods, Plant-Based Diet

What is a whole foods, plant-based diet? What are the benefits of eating "plant strong?" We'll discuss the difference between plant protein and animal protein sources, and between processed foods and whole foods. You'll leave with a better understanding of plant-based diets, as well as healthy recipes you can put to use.

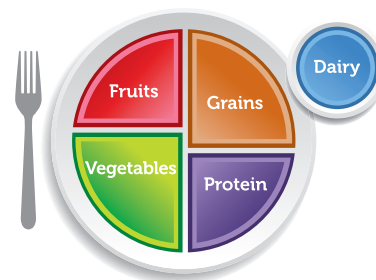
Instructor: Jennifer Kuhrt, Supervisor, Wellness Programs, BlueCross BlueShield of Western New York

Wednesday, June 15 10:30 a.m.

Hamburg Senior Community Center, 646-0665 to register

Understanding the New Dietary Guidelines for Americans

The U.S. government updates the Dietary Guidelines for Americans every five years. Join us as we discuss the newest version, see the changes, and learn what it means for you and your health.



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

Wednesday, May 11 10 a.m.

Hamburg Senior Community Center, 646-0665 to register

Thursday, August 4 12:45 p.m.

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

Ways to Maintain a Healthy Brain

Explore the basic functions and structure of the human brain. We'll discuss lifestyle changes that can improve and maintain a healthy brain, such as improving your nutrition, physical activity, sleep, mentally stimulating activity, and social interactions.



Instructor: Brittany Bless, Health Coach, BlueCross BlueShield of Western New York

Wednesday, May 18 10:30 a.m.

Orchard Park Senior Center, 662-6452 to register

What Does An Executor Do?

It's both an honor and a burden to serve as someone's executor, responsible for winding up someone's earthly affairs. An executor is charged with protecting a deceased person's property until all debts and taxes have been paid, and seeing that what's left is transferred to the people who are entitled to it. An executor is not required to be a legal or financial expert, but must be honest, impartial, and diligent to carry out a range of duties, depending on the complexity of the estate. Learn what it takes to be an executor.

Instructor: Anthony Szczygiel, Professor Emeritus, SUNY Buffalo School of Law

Thursday, April 14 12:30 p.m.

Grand Island Golden Age Center, 773-9682 to register



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healthy tip

Arthritis flares? Several foods can reduce the pain from arthritis or other musculoskeletal conditions. Tart cherries or tart cherry juice and garlic are just 2 of many foods that may help.

Being Heart Healthy

What exactly is cholesterol? And what's the difference between "good" and "bad" cholesterol? We'll discuss blood pressure, signs of a heart attack and stroke, and what to do if you have any concerning symptoms. Learn about the American Heart Association's "Simple 7" steps you can take to be heart healthy.

Instructor: Wegmans Pharmacist

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

Hamburg Senior Community Center, 646-0665 to register

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

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

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Finding Whole Grains

Learn what makes a grain "whole," hear about the benefits of whole grains, and find out how to identify them. Gain simple tips for including more whole grains in your diet.

Instructor: Wegmans Nutritionist

Wednesday, June 1 **10 a.m.**

Cheektowaga Senior Center, 686-3930 to register

Monday, August 8 **10 a.m.**

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

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Statins

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

Instructor: Wegmans Pharmacist

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

Clarence Senior Center, 633-5138 to register

Wednesday, August 10 **10 a.m.**

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



Wegmans Cooking School

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

Instructor: Wegmans Chef and Nutritionist

Thursday, May 12 **10:30 a.m.**

Wegmans Sheridan Drive Cooking School Room,
5275 Sheridan Drive

C L A S S L O C A T I O N S

Amherst Senior Center • 370 John J. Audubon Parkway

Baptist Manor • 276 Linwood Avenue, Buffalo

Canterbury Woods • 705 Renaissance Drive, Williamsville

Cheektowaga Senior Center • 3349 Broadway

Clarence Senior Center • 4600 Thompson Road

Grand Island Golden Age Center • 3278 Whitehaven Road

Hamburg Senior Community Center • 4540 Southwestern Boulevard

Orchard Park Senior Center • 70 Linwood Avenue

Springville Concord Elder Network (SCeNe) • 40 Commerce Drive

Wegmans Cooking School • 5275 Sheridan Drive

Wegmans healthy tip

All types of fat contain 9 calories per gram, compared to 4 calories per gram in protein and carbohydrates. A gram is a measure of weight, two paper clips weigh about one gram.

Class Listings by Facility

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

Day	Date	Time	Topic
Tuesday	May 10	12:45 p.m.	Embracing Elderhood: Creating a Plan for Aging
Thursday	May 12	12:45 p.m.	Aging in Place
Friday	May 13	10 a.m.	Organics and GMO's: Separating Fact from Fiction
Tuesday	May 24	12:45 p.m.	Is It Art? The Mid-Century Modern and Minimalist Art Movement
Tuesday	June 7	12:45 p.m.	Turning Around U.S. Voter Turnout Rates
Wednesday	June 8	12:45 p.m.	There's DNA to Prove It: Message from Beyond
Friday	June 10	10 a.m.	Mary Todd Lincoln: The Agony and the Ecstasy of the "Hellcat"
Monday	June 13	10 a.m.	Being Heart Healthy
Monday	June 20	12:45 p.m.	The Music of our Lives, Buffalo Style
Wednesday	June 22	12:45 p.m.	Langston Hughes and the Harlem Renaissance
Wednesday	June 22	6 p.m.	Arthritis and Degenerative Disorders of the Hip and Knee
Tuesday	June 28	12:45 p.m.	Shakespeare's Globe Theatre: Then and Now
Wednesday	June 29	6 p.m.	Case Studies from the Asylum
Monday	July 18	10 a.m.	The 10 Warning Signs of Alzheimer's Disease: Early Detection Matters
Wednesday	July 20	12:45 p.m.	Photography: An Invitation to See and Journey Anew
Friday	July 22	10 a.m.	Buffalo Niagara: Diagnosis and Prescription for Change
Monday	July 25	10 a.m.	The War of Currents
Wednesday	July 27	12:45 p.m.	It's A Civil Rights Issue!
Monday	August 1	12:45 p.m.	The GI Bill of Rights and Post World War II America
Tuesday	August 2	10 a.m.	The Psychic Highway: How the Erie Canal Changed America
Thursday	August 4	12:45 p.m.	Understanding the New Dietary Guidelines
Monday	August 8	10 a.m.	Finding Whole Grains
Wednesday	August 10	10 a.m.	Statins

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

Day	Date	Time	Topic
Monday	May 2	2 p.m.	The Sinking of the Lusitania 100 Years Ago
Wednesday	May 4	2 p.m.	Case Studies from the Asylum
Friday	May 6	2 p.m.	It's A Civil Rights Issue!
Tuesday	May 10	2 p.m.	Nelson Mandela
Wednesday	May 11	2 p.m.	I am Woman...Hear me Roar! The Women's Movement from the 1960s to Today
Wednesday	May 18	2 p.m.	Photography: An Invitation to See and Journey Anew
Thursday	May 19	2 p.m.	Shakespeare's Greatest Speeches
Tuesday	May 24	2 p.m.	The GI Bill of Rights and Post World War II America
Wednesday	May 25	2 p.m.	Adirondack State Park: The Most Protected Real Estate in the U.S.
Wednesday	June 1	2 p.m.	Frida Kahlo and Diego Rivera
Thursday	June 2	2 p.m.	Moved to Write II
Monday	June 6	2 p.m.	Degenerative Disorders of the Hip and Knee
Wednesday	June 8	2 p.m.	The Music of our Lives, Buffalo Style
Wednesday	June 15	2 p.m.	There's DNA to Prove It: Message from Beyond
Thursday	June 16	2 p.m.	A Little Known History of Discrimination in New England
Monday	June 20	2 p.m.	The War of Currents
Wednesday	June 22	2 p.m.	Buffalo City Hall
Wednesday	June 29	2 p.m.	Brainstormers: Gotcha!
Thursday	June 30	2 p.m.	Mediterranean Diet

Class Listings by Facility

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

Day	Date	Time	Topic
Tuesday	May 3	8 p.m.	Organics and GMO's: Separating Fact from Fiction
Tuesday	May 10	8 p.m.	Sunni-Shia Divide: Sectarian Conflict or Power Struggle?
Thursday	May 12	8 p.m.	Langston Hughes and the Harlem Renaissance
Monday	May 16	8 p.m.	Our Adirondack State Park: The Most Protected Real Estate in the U.S.
Tuesday	May 17	8 p.m.	The Rise, Fall & Future of Buffalo's Central Terminal
Tuesday	May 24	8 p.m.	Disappearing Act: What Happened to the Middle Class?
Thursday	May 26	8 p.m.	Jacksonian Democracy: A Love Story
Thursday	June 2	8 p.m.	Shakespeare's Globe Theatre: Then and Now
Tuesday	June 7	8 p.m.	Super Bugs and Super Drugs
Thursday	June 9	8 p.m.	The Tragedy of Shakespeare's Romantic Lovers
Monday	June 13	8 p.m.	The 10 Warning Signs of Alzheimer's Disease
Tuesday	June 14	8 p.m.	Case Studies from the Asylum
Wednesday	June 15	8 p.m.	Arthritis and Degenerative Disorders of the Hip and Knee
Monday	June 20	8 p.m.	Just How Old is Old? Age is a Relative Thing
Thursday	June 30	8 p.m.	Diversity in Israel

CHEEKTOWAGA SENIOR CENTER • 3349 BROADWAY REGISTER AT 686-3930

Day	Date	Time	Topic
Monday	April 25	10 a.m.	Booms, Bubbles, and Busts in the U.S. Stock Market
Monday	April 25	1 p.m.	Embracing Elderhood: Creating A Plan for Aging
Tuesday	April 26	1 p.m.	It's A Civil Rights Issue!
Wednesday	April 27	1 p.m.	Gender Imbalance in Politics, Government and Business
Tuesday	May 3	1 p.m.	I am Woman...Hear me Roar! The Women's Movement from the 1960s to Today
Tuesday	May 10	1 p.m.	Inside The FBI's Most Elite Department: The Behavioral Analysis Unit
Wednesday	May 11	1 p.m.	Adirondack State Park: The Most Protected Real Estate in the U.S.
Monday	May 16	10 a.m.	Disappearing Act: What Happened to the Middle Class?
Monday	May 16	1 p.m.	Singapore, From Rags to Riches
Tuesday	May 17	10 a.m.	George Washington's Wooden Teeth – Presidential Portraits and the Artists who Painted Them
Tuesday	May 17	1 p.m.	Music of our Lives Buffalo Style
Wednesday	May 18	10 a.m.	Organics and GMO's: Separating Fact from Fiction
Monday	May 23	10 a.m.	The Psychic Highway: How the Erie Canal Changed America
Monday	May 23	1 p.m.	Fabulous Fiber
Wednesday	June 1	10 a.m.	Finding Whole Grains
Wednesday	June 8	1 p.m.	Photography: An Invitation to See and Journey Anew
Thursday	June 9	10 a.m.	The Evolution of French Fashion
Thursday	June 23	10 a.m.	The Wit and Wisdom of e.e. cummings
Wednesday	June 29	10 a.m.	How Physical Therapy Can Help
Wednesday	June 29	1 p.m.	Mediterranean Diet
Mondays	July 11 – August 15	6-8:30 p.m.	Living Healthy: Diabetes Self-Management Program

Class Listings by Facility

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

Day	Date	Time	Topic
Thursday	May 5	1:30 p.m.	Exploring Our Solar System and Beyond
Monday	May 9	1:30 p.m.	Is It Art? The Mid-Century Modern and Minimalist Art Movement
Tuesday	May 10	1:30 p.m.	The Life and Legacy of George Herbert Walker Bush
Wednesday	May 11	1:30 p.m.	Buffalo Niagara: Diagnosis and Prescription for Change
Thursday	May 12	1:30 p.m.	Case Studies from the Asylum
Friday	May 13	1:30 p.m.	The Psychic Highway: How the Erie Canal Changed America
Monday	May 16	1:30 p.m.	Restoring the Buffalo River
Thursday	May 19	2:30 p.m.	The Middle East and Turkey's Shifting Alliances
Monday	May 23	1:30 p.m.	It's A Civil Rights Issue!
Thursday	May 26	1:30 p.m.	Federal Reserve, Interest Rates, and U.S. Economy
Friday	May 27	1:30 p.m.	The Music of Our Lives, Buffalo Style
Tuesday	May 31	1:30 p.m.	Adirondack State Park: The Most Protected Real Estate in the U.S.
Wednesdays	June 1 – July 6	6:30-9 p.m.	Living Healthy: Chronic Disease Self-Management Program
Thursday	June 2	1:30 p.m.	Photography: An Invitation to See and Journey Anew
Friday	June 3	1:30 p.m.	Moved to Write II
Monday	June 6	1:30 p.m.	Ukraine and Russia
Tuesday	June 7	1:30 p.m.	Shakespeare's Globe Theatre: Then and Now
Thursday	June 9	1:30 p.m.	Mediterranean Diet
Monday	June 13	1:30 p.m.	Myths and Truths about Concussions
Thursday	June 16	1:30 p.m.	Booms, Bubbles, and Busts in the U.S. Stock Market
Monday	June 20	1:30 p.m.	A Little Known History of Discrimination in New England
Tuesday	June 21	1:30 p.m.	Singapore, From Rags to Riches
Tuesday	June 28	1:30 p.m.	Statins
Wednesday	June 29	1:30 p.m.	There's DNA to Prove It: Message from Beyond
Friday	July 1	1:30 p.m.	Mary Todd Lincoln: The Agony and the Ecstasy of the "Hellcat"
Thursday	July 7	1:30 p.m.	Sunni-Shia Divide: Sectarian Conflict or Power Struggle?

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

Day	Date	Time	Topic
Friday	April 8	10 a.m.	The 10 Warning Signs of Alzheimer's Disease: Early Detection Matters
Tuesday	April 12	1 p.m.	Embracing Elderhood: Creating A Plan for Aging
Thursday	April 14	12:30 p.m.	What Does An Executor Do?
Friday	April 15	10 a.m.	Alice in Wonderland
Friday	May 20	10 a.m.	1946 Montreal: Home to Two of the World's Greatest Sports
Thursday	June 2	10 a.m.	Hard Times in Western New York – 1812-1844
Thursday	June 9	1 p.m.	Buffalo's Grain Elevators
Friday	June 10	10 a.m.	The Evolution of French Fashion
Tuesday	June 14	1 p.m.	Active Weather in Western New York

Class Listings by Facility

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

Day	Date	Time	Topic
Tuesday	April 26	10:30 a.m.	Arthritis and Degenerative Disorders of the Hip and Knee
Thursday	May 5	1 p.m.	Shakespeare's Greatest Speeches
Tuesday	May 10	10 a.m.	How Physical Therapy Can Help You
Wednesday	May 11	10 a.m.	Understanding New Dietary Guidelines
Tuesday	May 17	10 a.m.	Personal Perspectives and Experiences with Six U.S. Presidents
Thursday	May 26	1 p.m.	Inside The FBI's Most Elite Department: The Behavioral Analysis Unit
Tuesday	June 7	10:30 a.m.	Booms, Bubbles, and Busts in the U.S. Stock Market
Thursday	June 9	10:30 a.m.	Being Heart Healthy
Wednesday	June 15	10:30 a.m.	Plant Power: Benefits of Whole Foods, Plant-based Diet

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

Day	Date	Time	Topic
Tuesday	May 3	1 p.m.	Hiking the Appalachian Trail
Wednesday	May 11	10 a.m.	Arthritis and Degenerative Disorders of the Knee
Friday	May 13	1:30 p.m.	The New World of News
Monday	May 16	1 p.m.	The Rise, Fall & Future of Buffalo's Central Terminal
Monday	May 16	3 p.m.	Arthritis and Degenerative Disorders of the Shoulder and Hand
Tuesday	May 17	1:30 p.m.	Disappearing Act: What Happened to the Middle Class?
Wednesday	May 18	10:30 a.m.	Ways to Maintain a Healthy Brain
Wednesday	May 25	3:30 p.m.	The GI Bill of Rights and Post World War II America
Tuesday	May 31	1 p.m.	Georgia O'Keeffe – An American Art Icon Revisited
Thursday	June 2	1 p.m.	There's DNA to Prove It: Message from Beyond
Friday	June 3	1 p.m.	Embracing Elderhood: Creating A Plan for Aging
Monday	June 6	3 p.m.	Discovering Buffalo, One Street at a Time: Part 2
Monday	June 6	1 p.m.	Active Weather in Western New York
Tuesday	June 7	1 p.m.	Is It Art? The Mid-Century Modern and Minimalist Art Movement
Thursday	June 9	1 p.m.	Inside The FBI's Most Elite Department: The Behavioral Analysis Unit
Thursday	June 9	3 p.m.	Shakespeare's Globe Theatre: Then and Now
Monday	June 13	1 p.m.	Our Adirondack State Park: The Most Protected Real Estate in the U.S.
Monday	June 13	3 p.m.	Sunni-Shia Divide: Sectarian Conflict or Power Struggle?
Tuesday	June 14	1:30 p.m.	1946 Montreal: Home to Two of the World's Greatest Sports Heroes
Monday	June 20	1:30 p.m.	Diversity in Israel
Monday	June 27	1:30 p.m.	Donovan's Disciples: The Legend Lives On

Class Listings by Facility

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

Day	Date	Time	Topic
Thursday	April 14	12:30 p.m.	Watching the Warblers of Springtime
Thursday	April 21	12:30 p.m.	The Fascinating World of Insects
Thursday	April 28	12:30 p.m.	Aging in Place
Thursday	May 5	12:30 p.m.	Our Adirondack State Park: The Most Protected Real Estate in the U.S.
Thursday	May 12	12:30 p.m.	Photography: An Invitation to See and Journey Anew
Thursday	May 19	12:30 p.m.	Guaranty Building
Thursday	June 9	12:30 p.m.	George Washington's Wooden Teeth – Presidential Portraits and the Artists who Painted Them

WEGMANS • 5275 SHERIDAN DRIVE REGISTER AT 631-4370

Day	Date	Time	Topic
Thursday	May 12	10:30 a.m.	Cooking Class - Sheridan Drive - 90 minutes

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