

UNIVERSITY EXPRESS

FALL
2017



"Lifelong Learning for Adults Age 55+"



RSVP

RETIRED & SENIOR
VOLUNTEER PROGRAM

858-7548

**FREE
CLASSES**

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

UNIVERSITY EXPRESS IS BROUGHT TO YOU THROUGH A COLLABORATION OF:

- Amherst Senior Center
- Baptist Manor
- Canterbury Woods
- Cheektowaga Senior Center
- City of Tonawanda Library
- Clarence Senior Center
- Grand Island Golden Age Center
- The GreenFields Continuing Care Community
- Hamburg Senior Community Center
- Frank E. Merriweather, Jr. Library
- Orchard Park Senior Center
- Springville Concord Elder Network
- Town of Aurora Senior Center
- Town of Tonawanda Senior Citizen Center



ERIE COUNTY DEPARTMENT
OF SENIOR SERVICES

Wegmans



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Welcome to University Express, Fall 2017 Edition

Dear Friends,

Fall is “back to school” time — no matter how old you are! Despite common myths and misconceptions, the human brain can continue to develop throughout our lives.

“Tradition was that the critical period for brain development was supposed to end at age five,” says Dr. Paul David Nussbaum, an adjunct professor of neurological surgery at the University of Pittsburgh School of Medicine. “But that whole notion has been debunked.”

New research indicates that we can continue to help our brains well into later life.

“The brain continues to be highly dynamic” — able to change and adapt, Nussbaum explains. For optimum brain health, he says, “We want to expose our brains to really stimulating environments.” These include social relationships, physical activity, and mental challenges — sounds just like University Express classes!

This fall, University Express classes will introduce you to fascinating historical events and people, or help you to better understand complex situations in our world today. You may be inspired to read (or re-read) a great work of literature, incorporate a new wellness activity into your lifestyle, or even sample a new cuisine!

I'd like to share a recent note we received:

“Thank you for the enriching and wonderful experiences we enjoyed through University Express! We were the recipients of excellent presentations by very well-informed speakers. We’re grateful! We hope that this program will continue for many years. We’re spreading the word!”

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

Pat Dowling

— Patricia Dowling



RSVP

RETIRED & SENIOR
VOLUNTEER PROGRAM

858-7548

Open Enrollment Begins October 15

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- Blue Cross Blue Shield
- Express Scripts
- Univera

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pharmacy

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*As ranked by the nation's leading consumer magazine



Age-Friendly Action Planning for Your Community

Learn about Age-Friendly Erie County (AFEC), a network of local organizations committed to creating a vibrant, inclusive community for residents to grow up and grow old together. Coordinators of the team will share findings related to health, transportation, housing, streets and sidewalks, and quality in your community.

Instructors: Brittany Perez, senior research associate, Center for Inclusive Design and Environmental Access, SUNY Buffalo; and Molly Ranahan, Evaluator, Community Connections of NY, Inc.

Friday, October 27

2 p.m.

Baptist Manor, 819-1820 to register

Cuba: A Land in Transition

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

Instructor: Harry Meyer, docent and lecturer, WNY History and Architecture

Wednesday, October 18

10 a.m.

Cheektowaga Senior Center, 686-3930 to register

The Death of Fossil Fuels

Oil, coal, and natural gas supply around 80% of our primary energy needs; however, the industry is rapidly crumbling. In just two decades, the total value of the energy produced by fossil fuel extraction has plummeted by more than half. How will the rapid decline of the giant fossil fuel industry impact the global economy?

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

Wednesday, October 18

7:30 p.m.

Canterbury Woods, 929-5823 to register

Wednesday, October 25

10 a.m.

Hamburg Senior Community Center, 646-0665 to register

Monday, November 6

1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Tuesday, October 24

1:30 p.m.

Clarence Senior Center, 633-5138 to register

Disappearing Act: What Happened to the Middle Class?

The middle class has been shrinking since the early 1970s. Neither side of the political spectrum has been able to slow down the middle class' depletion, shrinking by around 2% every decade. Why are these numbers dangerous? Strong economies have strong middle classes, and for nearly half a century ours has been dwindling.

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

Tuesday, November 14

10 a.m.

Grand Island Golden Age Center, 773-9682 to register

The Future of the Saud Family and Saudi Arabia

With tumbling oil prices, Saudi Arabia faces a perfect storm of economic problems, social challenges, and foreign policy crises. This year, Saudi Arabia King Salman created rifts in the royal family after bypassing several brothers to position his favorite son in line for the throne. We'll look at how this political and economic instability may affect Saudi Arabia's status as one of the most powerful nations in the Middle East.

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

Monday, October 30

1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

The Global Crisis of Fresh Water

Global freshwater resources continue to be threatened. Growing populations need more water for drinking, hygiene, sanitation, food production, and industry. Meanwhile, climate change is expected to contribute to droughts. How can policymakers and technicians supply water without degrading the natural ecosystems that provide it?



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

Thursday, October 19

1 p.m.

City of Tonawanda Library, 693-5043 to register

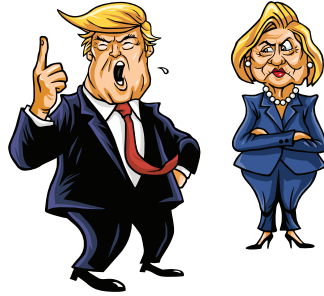
Monday, November 20

1 p.m.

Cheektowaga Senior Center, 686-3930 to register

Inside the FBI’s Behavioral Analysis Unit

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



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

Thursday, October 5 1:30 p.m.
Hamburg Senior Community Center, 646-0665 to register

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

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

The New World of News

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



Instructors: Rich Newberg and Rich Kellman, award-winning journalists and TV anchors

Thursday, November 16 1:30 p.m.
The GreenFields, 684-8400 to register

Wegmans healthy tip

Do high-fiber foods lower cholesterol?

Certain types of dietary fiber have been shown to help lower blood cholesterol levels. Foods rich in soluble fiber—oats, oat bran, dried beans and peas, barley, apples, citrus fruits, and carrots are good choices.

Reimagining Transportation

The next 30 years are going to bring a transformational change in public transportation and the auto industry. Uber and Lyft are the newest additions to transportation options in WNY, along with bike-share, carpooling, bus, rail, private shuttles, and improved facilities for walking and biking. We’ll discuss the basics of how Uber and Lyft work, and how these services compare to traditional taxi service in terms of safety and cost. Will all these new transportation options improve mobility and access for older and disabled adults?

Instructor: Katie O’Sullivan, transportation demand management project coordinator and outreach specialist, Greater Buffalo-Niagara Regional Transportation Council
Thursday, October 5 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Friday, October 27 1:30 p.m.
SCeNe/Concord Senior Center, 770-7277 to register

Monday, November 6 1 p.m.
Amherst Senior Center, 636-3055 x3108 to register

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

Tuesday, November 14 1 p.m.
Cheektowaga Senior Center, 686-3930 to register

Tuesday, November 14 7:30 p.m.
Canterbury Woods, 929-5823 to register

Wednesday, November 29 1:30 p.m.
Town of Aurora Senior Center, 652-7934 to register

What You Need to Know About the New York Constitution

New York government appears to be dysfunctional: pay-to-play corruption has reached the highest levels of government. Is a constitutional convention the answer? You will have a chance to answer that question at the November 2017 general election. This talk will help you make an informed choice.



Instructor: Peter Galie, professor emeritus of Political Science, Canisius College

Monday, October 2 1:30 p.m.
Clarence Senior Center, 633-5138 to register

A Whisper of Bones: The Erie County Poorhouse Project

The Erie County Poorhouse, Hospital, and Insane Asylum were located on the ground of what is now the University at Buffalo's Main Street Campus. In 2012, infrastructure improvements brought about the need for an excavation of skeletal remains on the site of the Poorhouse. Learn what the team of archaeologists and anthropologists uncovered, and what skeletal analysis can tell us about the people at the Poorhouse.



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

Wednesday, October 4 7 p.m.

The GreenFields, 684-8400 to register

Thursday, October 5 1 p.m.

Grand Island Golden Age Center, 773-9682 to register

Thursday, November 9 1 p.m.

City of Tonawanda Library, 693-5043 to register

Buffalo City Hall

One of the largest city halls in America, Buffalo's City Hall is often taken for granted by residents who live and work downtown. However, City Hall's location and style



changed the way Buffalo looks. Explore the exterior and interior of this Art Deco masterpiece, including the many symbolic figures and decorations that portray the industrial prowess of the Queen City.

Instructor: Harry Meyer, docent and lecturer, WNY History and Architecture

Tuesday, October 17 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Thursday, October 19 1:30 p.m.

Hamburg Senior Community Center, 646-0665 to register

Wednesday, October 25 1:30 p.m.

The GreenFields, 684-8400 to register

Buffalo Diaries from the '30s and '40s

Deborah Peters lived, loved, and shared her intimate knowledge of Buffalo on a daily basis. Her private thoughts speak to the reader, telling us of her dreams, loves, hopes and simple everyday experiences. There is humor, heartbreak, and a great journey from the age of 17 to 25. This presentation will focus on the importance of journaling. Participants will gain insight into one young woman's interpretation of a very interesting and turbulent time in our country's history.

Instructor: Mary Mullett-Flynn, writer and watercolor artist in Buffalo; Board of Artists in Buffalo; Chautauqua Institute
Tuesday, October 3 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Monday, October 16 1:30 p.m.

The GreenFields, 684-8400 to register

Thursday, November 9 1 p.m.

Town of Tonawanda Senior Center, 874-3266 to register

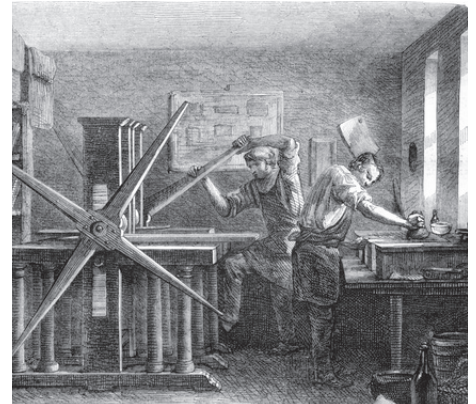
Wednesday, December 13 1 p.m.

Amherst Senior Center, 636-3055 x3108 to register

Buffalo's East Side Industry

Buffalo's East Side Industry reviews

141 businesses that were or are still located on the East Side. Images showcase the immensely diverse industrial base when the East Side was the ethnic, cultural,



and manufacturing center for Buffalo. The author will talk about some of these businesses in detail, the growth of industry in Buffalo, and the process used to write the book.

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

Tuesday, October 17 7:30 p.m.

Canterbury Woods, 929-5823 to register

Monday, October 30 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Wednesday, November 8 6:30 p.m.

Clarence Senior Center, 633-5138 to register

Celtic Whispers Across the Atlantic

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



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

Tuesday, October 17 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

Monday, October 23 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Wednesday, November 1 6 p.m.

Amherst Senior Center, 636-3055 x3108 to register

Tuesday, November 14 2 p.m.

Baptist Manor, 819-1820 to register

Tuesday, November 21 7:30 p.m.

Canterbury Woods, 929-5823 to register

Closest of Companions: Franklin and Eleanor Roosevelt and Their Intimate Friends

Franklin and Eleanor Roosevelt made a formidable political couple, yet they found their greatest emotional satisfaction in relationships with other people. Who were these "closest companions" and how did they influence history?

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

Thursday, October 19 1 p.m.

Grand Island Golden Age Center, 773-9682 to register

Wednesday, November 8 7 p.m.

The GreenFields, 684-8400 to register

Monday, November 27 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Crystal Beach: The Good Old Days

We'll stroll down a century of fun and sun at a magical playground called Crystal Beach. The American dream came true in Canada as American entrepreneurs the Rebstocks and the Halls converted a wilderness



lakeshore into the Crystal Beach Amusement Park. Demand for this unique and wondrous place was so high that passenger ferries carried millions from around the world to the Canadian shore for 100 years.

Instructor: Erno Rossi, freelance writer and photographer

Friday, October 27 10 a.m.

Grand Island Golden Age Center, 773-9682 to register

Early Buffalo Music and Entertainment

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

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

Wednesday, December 6 1:30 p.m.

The GreenFields, 684-8400 to register

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

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

Instructor: Stephan Lewy, Holocaust survivor

Friday, October 13 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Monday, October 16 1 p.m.

Amherst Senior Center, 636-3055 x3108 to register

Tuesday, December 5 7:30 p.m.

Canterbury Woods, 929-5823 to register

Growing Up Poor and Black in Buffalo

Hear about daily life on the East Side of Buffalo in the 1940s and '50s as seen through the eyes of the instructor. We'll revisit neighborhood schools, churches, ice cream parlors, and other landmarks, meeting people who were part of this close-knit neighborhood. Recall the vibrant entertainment venues like Dan Montgomery's and the Little Harlem as well as the Colored Musicians Club where nationally acclaimed singers often performed. The instructor's memoirs are part of the recently published *Right Here, Right Now: A Buffalo Anthology*.

Instructor: Georgia Mackie Burnette, author, civic leader and retired assistant professor of Nursing, Niagara University; retired director of nursing, Roswell Park Cancer Institute and the Buffalo Psychiatric Center

Thursday, October 12 2 p.m.

Frank E. Merriweather, Jr. Library, 883-4418 to register

Wednesday, October 18 2 p.m.

Baptist Manor, 819-1820 to register

Tuesday, October 24 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Thursday, November 16 1:30 p.m.

Clarence Senior Center, 633-5138 to register

The History of Buffalo Roadways

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



"S" curves, and Scajaquada and Kensington Expressways.

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

Monday, November 6 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Wednesday, December 6 10 a.m.

Cheektowaga Senior Center, 686-3930 to register



healthy tip

A healthy weight-loss is one to two pounds per week; this can be achieved with a balanced diet, along with exercise and increased physical activity.

Katharine Cornell: The "Nice Lady from Buffalo" Who Became First Lady of the American Stage

Katharine Cornell was one of the foremost American actors of the 20th century, and she was raised on Mariner Street in Buffalo. This charming and extraordinarily gifted woman used her talent and determination to carve a prominent name for herself on Broadway and beyond. Her story is a lesson in perseverance and her exciting theatrical career was truly high drama.

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

Thursday, October 12 1 p.m.

City of Tonawanda Library, 693-5043 to register

Friday, October 20 1 p.m.

Amherst Senior Center, 636-3055 x3108 to register

Tuesday, October 24 7:30 p.m.

Canterbury Woods, 929-5823 to register

Wednesday, November 1 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Monday, November 13 2 p.m.

Baptist Manor, 819-1820 to register

Wednesday, November 22 1:30 p.m.

Clarence Senior Center, 633-5138 to register

The Larkin Soap Company

The Larkin Soap Company was founded in 1875 in Buffalo as a small soap factory. Its tremendous growth through the first quarter of the 20th century is attributed to the "Larkin Idea." This marketing idea transformed the company into a mail-order conglomerate that employed 4,000 people and had annual sales of \$28.6 million — equivalent to around \$342 million today. The company's success allowed them to hire Frank Lloyd Wright to design the iconic Larkin Administration Building, which stood as a symbol of Larkin prosperity until the company's demise in the 1940s.

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

Wednesday, October 4 1:30 p.m.

Town of Aurora Senior Center, 652-7934 to register

Monday, October 23 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Thursday, October 26 1 p.m.

City of Tonawanda Library, 693-5043 to register

The Last “Little Red Caboose” Ride

Follow the development of the railroad caboose from its humble beginning in the 1840s as the “conductor’s car” to its demise in the 1990s. This unique railroad car carried the conductor, brakeman, and flagman across the thousands of miles of track in the U.S.



Instructor: Mike “Max” Szemplenski, local railroad historian

Friday, October 20 1:30 p.m.

SCENE/Concord Senior Center, 770-7277 to register

Thursday, October 26 7:30 p.m.

Canterbury Woods, 929-5823 to register

Monday, October 30 1 p.m.

Amherst Senior Center, 636-3055 x3108 to register

Lockport Locks: Restoring the Flight of Five

Lockport’s staircase of five locks, ascending a height of 60 feet within a distance of only 550 feet, is one of the best-preserved structures remaining from the Enlarged Erie Era. The Flight of Five is one of the top visitor destinations in the entire New York State canal system. We’ll examine the history and ongoing rehabilitation of the Lockport Locks, and look at events scheduled for the bicentennial. These celebrations will span the construction of the Erie Canal, from the groundbreaking in Rome, N.Y., in 1817 to the fabled “Wedding of the Waters” in New York Harbor in 1825.



Instructor: David Kinyon, chairman of the board, Lockport Locks Heritage District Corporation

Monday, November 27 1 p.m.

Amherst Senior Center, 636-3055 x3108 to register

Tuesday, November 28 7:30 p.m.

Canterbury Woods, 929-5823 to register

Friday, December 1 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Looking Back at JFK’s Legacy on His 100th Birthday

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



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

Thursday, October 26 2 p.m.

Baptist Manor, 819-1820 to register

Tuesday, October 31 1 p.m.

Amherst Senior Center, 636-3055 x3108 to register

Thursday, November 16 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Tuesday, December 5 1 p.m.

Town of Tonawanda Senior Center, 874-3266 to register



Whether you’re shoveling snow, moving a mound of dirt or getting the deck chairs out of storage, carrying extra weight improperly is one of the most common ways to injure yourself. To safely lift heavy objects, stand with your feet shoulder-width apart, bend your knees, tighten your core, and lift objects with the power in your thigh muscles rather than your back or shoulders.

The Lusitania

On May 7, 1915, the Lusitania was struck by a single torpedo and sank in less than 20 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 and the U.S., German, and English politics surrounding its demise still remain controversial topics.



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

Wednesday, November 8 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Mad House: The Hidden History of Insane Asylums in 19th-Century New York

Travel through the lineage and architecture of asylums in New York. While walking in the footsteps of history's mentally ill, you'll hear about their treatment, stories, and the ever-evolving world of mental health in the U.S.



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

Tuesday, September 26 1 p.m.

Grand Island Golden Age Center, 773-9682 to register

Wednesday, October 18 1:30 p.m.

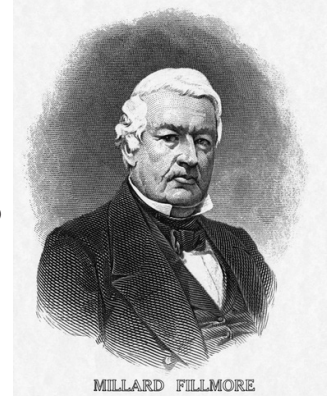
The GreenFields, 684-8400 to register

Thursday, November 2 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Millard Fillmore Revisited

During Millard Fillmore's presidency he signed the Fugitive Slave Act, which required governments and citizens to capture and return runaway slaves, even ones who had made it from the South to new lives in the North. Frank Mesiah, president of the Buffalo branch of the NAACP, has asked elected officials to deny any future requests to attach Fillmore's name to places or things. Some historians argue that Fillmore's signing of the 1850 act is a complicated issue and just one part of his legacy. Fillmore was an abolitionist and only the third president who did not own slaves, but he signed the act to try to stave off the Civil War and prevent the spread of slavery. What effect did Fillmore have on Buffalo? How does his national leadership compare with his role locally?



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

Wednesday, November 1 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

Wednesday, November 15 6 p.m.

Amherst Senior Center, 636-3055 x3108 to register

Never Just Sit: Eleanor Roosevelt and American Crafts

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

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

Friday, October 6 1:30 p.m.

SCeNe/Concord Senior Center, 770-7277 to register

Tuesday, October 10 1 p.m.

Amherst Senior Center, 636-3055 x3108 to register

Thursday, October 12 1 p.m.

Grand Island Golden Age Center, 773-9682 to register

Personal Perspectives and Experiences with Six U.S. Presidents

First elected in 1974, John LaFalce served in the House of Representatives for his Western New York congressional district for 28 years of successive terms through 2003. This period spanned the administrations of six U.S. presidents



including Gerald Ford, Jimmy Carter, Ronald Reagan, George H.W. Bush, Bill Clinton, and George W. Bush. Hear about the congressman's views and experiences with each president.

Instructor: John J. LaFalce, member of Congress, 1975-2002

Tuesday, October 10 10 a.m.

The GreenFields, 684-8400 to register

Thursday, November 2 1 p.m.

City of Tonawanda Library, 693-5043 to register

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 small fleet of radicals, visionaries, social reformers, and prophets bent on the idea of creating a new society. It delivered people to places for important reasons — Elizabeth Cady Stanton and Lucretia Mott to Seneca Falls for history's first women's convention, supporters to Rochester to meet abolitionists like Frederick Douglass and Harriet Tubman, and the curious to witness the Fox Sisters summon spirits and their eerie knockings.



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

Tuesday, October 24 1 p.m.

City of Tonawanda Library, 693-5043 to register

Friday, November 10 2 p.m.

Baptist Manor, 819-1820 to register

Tuesday, November 14 1:30 p.m.

The GreenFields, 684-8400 to register

100 Years of Women's Suffrage in New York State

The women of New York State gained the right to vote 100 years ago. From Seneca Falls to New York City's Lower East Side, from Buffalo to Brooklyn,



from Canton to Cattaraugus, people in New York State were leaders in the women's suffrage movement. Suffrage was legalized in New York in 1917 and in 1920 the federal government passed the 19th amendment. We'll pay tribute to those who worked diligently against nearly insurmountable odds to provide New York women the right to vote.

Instructor: Marian Deutschman, professor emeritus of Communications, Buffalo State College; past president of the League of Women Voters of Buffalo Niagara

Tuesday, November 7 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Monday, November 20 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Question of Sanity: The True Story of Female Serial Killers in 19th-Century New York

We'll examine the lives and times of 19th-century female serial killers, most of whom lived in New York's isolated rural communities. Some were known as "black widows" — women who murdered multiple husbands, often for profit. Others were known as "angels of death," who killed beneath the guise of providing care to the ill and infirmed. "Avengers" were motivated by revenge and greed. And, finally, those whose sanity was questioned were impelled to kill by delusions and paranoia.



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

Thursday, October 26 1:30 p.m.

Clarence Senior Center, 633-5138 to register

The Rise and Fall of the Mafia in Buffalo

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



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

Wednesday, October 11 1:30 p.m.

The GreenFields, 684-8400 to register

Thursday, October 26 1 p.m.

Town of Tonawanda Senior Center, 874-3266 to register

Wednesday, November 8 1:30 p.m.

Town of Aurora Senior Center, 652-7934 to register

Rock 'n' Roll Buffalo

Enjoy a review of the musicians, bands, DJs, clubs, concert halls, and personalities that brought rock music to the Buffalo area. Starting with the beginning of rock 'n' roll in the 1950s, the presentation will focus on rock music but will cover all styles of music performed in Western New York through the mid-'80s.



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

Tuesday, October 17 1 p.m.

City of Tonawanda Library, 693-5043 to register

“Unseen Tears”: The Tragedy of Native American Residential Boarding Schools in WNY

The traumatic experiences of the Native American residential school era still have a profound intergenerational impact on every Native community in the U.S. and Canada; however, the story of the schools is little known. Children as young as four years old were removed from their homes to live at schools, punished for speaking Native languages, and inundated with Christianity to erase Native beliefs. Isolated and subjected to physical, mental, emotional, spiritual, and sexual abuse, they lost family role modeling and Native ways.



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

Wednesday, October 11 6:30 p.m.

Clarence Senior Center, 633-5138 to register

Thursday, November 2 1 p.m.

Amherst Senior Center, 636-3055 x3108 to register

Wednesday, November 8 7:30 p.m.

Canterbury Woods, 929-5823 to register

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

World War I volunteerism reached into everyone’s lives.

Explore how ordinary women played a part on the home front with Red Cross work and food conservation.

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

Wednesday, November 1 2 p.m.

Baptist Manor, 819-1820 to register

Thursday, November 9 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Wednesday, November 15 7:30 p.m.

Canterbury Woods, 929-5823 to register



Burchfield Penney Art Center: Celebrating WNY Artists

Learn about the newest museum in our community: the Burchfield Penney Art Center. This presentation will give you some background on the Center's history, artist Charles E. Burchfield, and donor extraordinaire, Charles Rand Penney. Also learn about the myriad of rotating exhibitions featuring work of talented regional artists.

Instructor: Linda Drajem, docent and retired Buffalo State instructor

Monday, November 6 1:30 p.m.

The GreenFields, 684-8400 to register

Thursday, November 9 2 p.m.

Baptist Manor, 819-1820 to register

Charles Burchfield

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

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

Tuesday, October 10 1 p.m.

City of Tonawanda Library, 693-5043 to register

End-of-Life Dreams and Visions

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



Instructor: Hospice Buffalo/Palliative Care Buffalo Research Team

Friday, October 20 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Frida Kahlo and Diego Rivera

Frida Kahlo and Diego Rivera are two of Mexico's most prominent artists. Their passionate and stormy marriage is one of the most famous alliances between artists. Both had incredible



talents and vision, but very different styles. Best known for her self-portraits, Kahlo's work is remembered for its "pain and passion" and its intense, vibrant colors. Rivera was Mexico's best-known muralist. An avowed communist, he was well known for inciting controversy, as seen by his mural of Lenin in New York City.

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

Monday, October 2 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

George Orwell's "1984"

George Orwell's 1949 dystopian novel described what could happen when a totalitarian government takes control of a country. We learn a new vocabulary: Big Brother, doublethink, thought crime, ungood, and "thought-police." The novel is a terrifying vision of a society we all fear and guard against. Learn more about the book that was chosen as one of the 100 Best English Novels by *Time* in 2005.



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

Wednesday, October 18 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

Friday, October 20 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Thursday, November 9 10 a.m.

Hamburg Senior Community Center, 646-0665 to register

Wegmans healthy tip

Olive oil is considered by some to be a healthy choice because it's primarily mono unsaturated fat.

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

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

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

Tuesday, October 3 1 p.m.

City of Tonawanda Library, 693-5043 to register

Monday, October 16 2 p.m.

Baptist Manor, 819-1820 to register

Images of Propaganda in Art and Advertising

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

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

Wednesday, October 18 10 a.m.

Hamburg Senior Community Center, 646-0665 to register

Wednesday, October 25 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

“Macbeth”

Written in 1606, “Macbeth” dramatizes the psychological and physical effects of uncontrolled political ambition and lust for power. Macbeth and his evil queen resort to willful murder to assume the throne of Scotland. The play, the shortest of Shakespeare’s canon, is as powerful today because it demonstrates how insecurity and lack of confidence destroy even the most powerful.



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

Thursday, October 12 1 p.m.

Amherst Senior Center, 636-3055 x3108 to register

Memoir: Reading Others’ Lives

In the last decades memoirs have become enormously popular. It used to be the very old and the very accomplished who wrote memoirs, but now young people, both well known and unknown, write their stories. We’ll read brief selections from memoirs of celebrities including Steve Martin, Anderson Cooper, Trevor Noah, and Amy Poehler, as well as lesser-known authors such as Mary Karr, Roxanne Gay, and J.D. Vance. We will examine the range of well-written memoirs available today. Anyone who attended this class in the spring will have some new books to consider for reading.



Instructor: Linda Drajem, retired English instructor; writer; current memoirist

Friday, November 3 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Tuesday, November 28 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

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

What prompted modern artists to decompose form and take a purely conceptual view that anything and everything can be art? By viewing the work of artists such as Mondrian, Stella, Arp, Rothko, Motherwell, and more, this presentation will engage your responses to 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; docent at Burchfield Penney Art Center

Tuesday, October 17 1:30 p.m.

Clarence Senior Center, 633-5138 to register

healthy tip

Have a complete eye exam and a follow-up every two years, or as prescribed by your eye doctor. It is important to maintain a routine schedule of eye exams, even if you have no problems with your vision.

Jane Austen at 200

In 2017 the literary world commemorates the 200th anniversary of the death of Jane Austen. Although only six completed novels exist, Austen left an enormous legacy when she died in 1817 at the age of 41. We'll look at the enduring appeal of her novels and characters.



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

Monday, October 16 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Thursday, November 2 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Lessons in Irony in "Madame Bovary"

19th-century French author Gustave Flaubert was a master in using ironic devices in his novels. The presenter will demonstrate Flaubert's literary prowess with irony in "Madame Bovary" and examine how the novel was adapted for the screen.

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

Friday, October 27 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Native American Culture

Learn about major cultural concepts from the Haudenosaunee people (Six Nations), including discussions of the Thanksgiving Address, relationships with the natural world, and teachings of the "Good Mind." We'll also discuss why there are misunderstandings and misrepresentations of Native culture, as well as challenges faced by many Native people and organizations that are trying to strengthen and nurture the Native American community.

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

Tuesday, October 10 2 p.m.

Baptist Manor, 819-1820 to register

Tuesday, October 24 1 p.m.

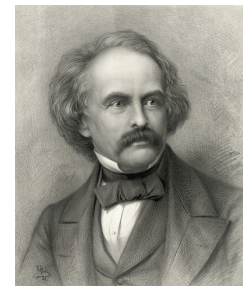
Cheektowaga Senior Center, 686-3930 to register

Thursday, November 9 1 p.m.

Grand Island Golden Age Center, 773-9682 to register

"The Scarlet Letter"

"The Scarlet Letter," written in 1850 by Nathaniel Hawthorne, takes place in Boston from 1642 to 1649. This masterpiece tells the story of the effect of a sin on four people. It is a story of romance, bigotry, selfishness, and redemption. While reading we will discover lessons that can easily be applied to our lives today.



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

Wednesday, October 25 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

20th-Century Americana: Norman Rockwell and Grant Wood

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

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

Thursday, October 12 7:30 p.m.

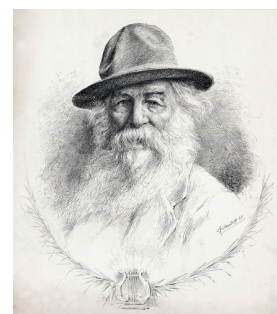
Canterbury Woods, 929-5823 to register

Wednesday, November 1 1:30 p.m.

The GreenFields, 684-8400 to register

Walt Whitman: Poet of Democracy

Andrew Carnegie called him "the great poet of America so far." Whitman celebrates democracy in many of his works. His idea of the individual relative to democracy is as a unified nation made up of unique but equal individuals. We'll examine poems like "I Hear America Singing" and "O Captain, My Captain."



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

Thursday, October 12 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Wednesday, November 8 2 p.m.

Baptist Manor, 819-1820 to register

Yemeni Cuisine and Culture

Historically, Yemen was a melting pot of people and faiths. The country's location at the tip of the Arabian Peninsula made it a pivotal crossroad for trade and travel between the East and the West. In this class, we'll look at Yemeni cuisine to find out its history and how it has been influenced by nearby countries, as well as its importance as a trade center. Participants will taste, feel, and experience the scents of Yemeni foods, spices, clothing, and other aspects of daily life.

Instructor: Gamileh Jamil, executive director, ACCESS of WNY

Monday, October 30 2 p.m.

Baptist Manor, 819-1820 to register

Monday, November 13 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Monday, December 11 1 p.m.

Amherst Senior Center, 636-3055 x3108 to register



WELLNESS AND PERSONAL ENRICHMENT

Caregiving: Behaviors, Connections, Support

This program is designed to provide practical information and resources to help dementia caregivers learn to decipher behaviors and determine how best to respond. The program offers a four-step process to follow, and provides details that may be applied to challenging behaviors. The goal is for participants to thoroughly understand various triggers for behaviors and feel confident in knowing how to intervene, all while maintaining respect and connection to the person with dementia.

Instructor: Julia Szprygada, director, Education and Training Alzheimer's Association

Thursday, October 19 6 p.m.

The GreenFields, 684-8400 to register

Common Medications Used for Depression and Anxiety

Depression is a true and treatable medical condition, not a normal part of aging. However, older adults are at an increased risk for experiencing depression. Affected seniors are often faced with the decision to take medication for managing depression or anxiety. This presentation will discuss the top classes of medication used.

Instructor: Frank Pietrantonio, Wegmans Pharmacy

Friday, December 1 1 p.m.

Amherst Senior Center, 636-3055 x3108 to register

Depression

Depression is one of the most common mental health diagnoses and the leading cause of disability worldwide. There is a strong link between depression and chronic physical health conditions. Depression can lead to changes in weight (extreme loss or gain), and increased risk of stroke or heart attack. Conversely, individuals with chronic physical health conditions like diabetes and cardiac issues are 20–50% more likely to develop a depressive disorder. We'll discuss how to recognize depression, tips to maintain mental wellbeing, and ways of overcoming depression.

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

Thursday, October 26 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Monday, November 27 1:30 p.m.

Clarence Senior Center, 633-5138 to register



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.

Disability Etiquette

If you have not had many interactions with disabled people, you may not know exactly how to act. For example, you may ask yourself “how do I talk to someone in a wheelchair?” or “how do I interact with someone who is blind or deaf?” This interactive class will provide training on different disabilities and how people should relate to individuals with these disabilities.

Instructor: Emily Kaznica, retired executive director, Erie County Office for the Disabled

Tuesday, October 31 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

Forgiveness: A Path to Healing

At times it seems so hard to forgive someone or, more pointedly, how to begin to forgive ourselves. Through practices of forgiveness, loving kindness, meditation, and the science behind forgiveness, we will begin to explore the freedom and healing power available to us in every moment.

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

Wednesday, October 25 2 p.m.

Baptist Manor, 819-1820 to register

Monday, November 13 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Good Bugs for Good Health – Part 1

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

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

Friday, October 13 1:30 p.m.

SCENE/Concord Senior Center, 770-7277 to register



Good Bugs for Good Health – Part 2

This is a follow-up to *Good Bugs for Good Health – Part 1*, offered during our spring season. A brief summary of *Part 1* will be provided. This seminar will focus on lifestyle changes to improve bacterial health, including dietary choices and choosing supplements.

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

Friday, October 6 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Thursday, October 19 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

Friday, November 17 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Health Care Fraud ... Can It Happen to Me?

What is health care fraud? Are there ways to protect yourself against it? Health care fraud is very common and can impact anyone. This course will explore Medicare fraud and scams, and will provide practical tips to avoid victimization.

Instructor: Sally Hardenburg, Senior Medicare Patrol

Tuesday, October 3 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Monday, November 13 1 p.m.

Amherst Senior Center, 636-3055 x3108 to register

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

This program is designed to provide current research and practical information on ways to age well. Learn about current research and practical strategies in the following four areas:

cognitive activity, physical health and exercise, diet and nutrition, and social engagement.

Instructor: Katie Badeau, director, Care Consultation, Alzheimer’s Association

Thursday, October 5 1:30 p.m.

Clarence Senior Center, 633-5138 to register



High Blood Pressure: Know Your Numbers

This overview of high blood pressure will answer questions like: What range would be considered high blood pressure? What risk factors can contribute to high blood pressure? We'll discuss symptoms, treatments, risks related to high blood pressure, and resources.

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

Tuesday, October 17 1 p.m.

Amherst Senior Center, 636-3055 x3108 to register

Medicare Rights and Wrongs ... Can They Do That?

Medicare Advantage and private insurance agents must abide by strict marketing and enrollment regulations with beneficiaries. Are you thinking about enrolling or switching your health care plan? Make sure you don't get scammed by learning common marketing violations.

Instructor: Sally Hardenburg, Senior Medicare Patrol

Tuesday, October 24 10 a.m.

Grand Island Golden Age Center, 773-9682 to register

Monday, November 20 1:30 p.m.

The GreenFields, 684-8400 to register

Monday, November 27 10 a.m.

Cheektowaga Senior Center, 686-3930 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!

Medications and You

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

Instructor: Bruce Small, retired physician, internal medicine

Monday, October 23 2 p.m.

Baptist Manor, 819-1820 to register

Thursday, November 30 7:30 p.m.

Canterbury Woods, 929-5823 to register

Thursday, November 30 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Monday, December 4 1 p.m.

Amherst Senior Center, 636-3055 x3108 to register

Thursday, December 7 1 p.m.

Grand Island Golden Age Center, 773-9682 to register

Medications, Falls, and Fractures

There is a long list of common medications that older adults should avoid in order to avoid falls or fractures. Bring your own medication list for the pharmacist to review after class and assess your risk for falls.

Instructor: Colleen Moser, Wegmans pharmacist

Monday, October 16 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Mindful Eating

Mindful eating is simply being present while you eat. It is not dependent on charts, pyramids, tables, or scales. Instead, it's directed by your own inner experience as it unfolds moment by moment. Come as we explore the Seven Kinds of Hunger. Guidelines for mindful eating and a guided self-compassion meditation will be shared.

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

Monday, October 2 1 p.m.

Amherst Senior Center, 636-3055 x3108 to register

Physical Therapy 101

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

Instructor: Excelsior Orthopaedics physical therapist or athletic trainer

Wednesday, October 11 10 a.m.

Hamburg Senior Community Center, 646-0665 to register

Monday, November 20 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Common Prescription Insurance Problems Explained

Have you ever gone to the pharmacy and heard terms like "prior authorization," "donut hole," and "non-formulary," or wondered why you can't fill the prescription your doctor



ordered? Prescription drug benefits are complicated and can be frustrating. A practicing community pharmacist will teach you what these terms mean and, more importantly, strategies that will allow you start your medications sooner.

Instructor: Frank Pietrantonio, Wegmans Pharmacy

Monday, November 13 1:30 p.m.

Hamburg Senior Community Center, 646-0665 to register

Reading the New Food Label

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



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

Wednesday, December 6 10 a.m.

Amherst Senior Center, 636-3055 x3108 to register

Seasonal Affective Disorder (SAD): Beating the Winter Blues

Seasonal Affective Disorder (SAD) is a recurrent type of depression that generally begins in the fall and continues throughout the winter months. SAD is triggered by a decrease in sunlight, which leads to changes in the body's internal clock and decreasing chemicals in the body that control mood and levels of alertness. Learn how to recognize whether you have SAD, and what you can do to beat the winter blues.

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

Monday, October 23 1 p.m.

Amherst Senior Center, 636-3055 x3108 to register

Monday, October 30 7:30 p.m.

Canterbury Woods, 929-5823 to register

Thursday, November 16 1 p.m.

City of Tonawanda Library, 693-5043 to register

Monday, December 11 1:30 p.m.

The GreenFields, 684-8400 to register

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

Older adults are often encouraged to turn control of a house or accounts over to children or other family members, gifting to others, and assigning powers of attorney as strategies in their estate and financial planning. These techniques can be effective if used in the right place at the right time with the right people, but they could cause serious harm, including loss of important tax advantages. We'll discuss advantages of these tools, as well as potential problems that can arise.

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

Tuesday, November 14 1 p.m.

Amherst Senior Center, 636-3055 x3108 to register

Sugar Savvy

We know that sugar in the diet is linked to obesity and diabetes. It's now shown to play a part in heart disease. Learn about naturally occurring and added sugars, nutrition facts labeling, and how to recognize your recommended limit.

Instructor: Colleen Moser, Wegmans pharmacist

Wednesday, October 18 10 a.m.

Amherst Senior Center, 636-3055 x3108 to register

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. You will 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: Tricia Hughes or Andrea Koch, dementia education specialists, Alzheimer’s Association

Friday, October 13 10 a.m.
Hamburg Senior Community Center, 646-0665 to register

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

Tuesday, November 14 1 p.m.
City of Tonawanda Library, 693-5043 to register

Understanding Blood Pressure Goals

Roughly 30% of adults have some form of elevated blood pressure. Many people are faced with the challenge of managing high blood pressure, and despite all the resources available, a lot of people still struggle. Learn about the most recent blood pressure guidelines, common medications used to treat high blood pressure, and some dietary and lifestyle strategies to help combat high blood pressure.

Instructor: Frank Pietrantonio, Wegmans Pharmacy

Thursday, November 9 7:30 p.m.
Canterbury Woods, 929-5823 to register

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

Understanding Medicare Part D

Medicare Part D is complicated. Deductibles, coverage gap, donut holes, and copays are all buzzwords that make it difficult to pick the best plan for your needs. This seminar will explain the basic background of Medicare Part D and what these buzzwords mean.

Instructor: Frank Pietrantonio, Wegmans Pharmacy

Monday, October 23 5:30 p.m.
The GreenFields, 684-8400 to register

Friday, October 27 1:30 p.m.
The GreenFields, 684-8400 to register



Vitamin D: The Sunshine Vitamin

Learn about vitamin D and the ways it helps the body. Many people in Buffalo and other northern cities are at risk for low vitamin D. Find out what foods are rich in vitamin D, and how you can increase your levels.

Instructor: Darcie Hanson, R.N., clinical coach, Health Care Services, BlueCross BlueShield of Western New York; and Heather Rossi, M.S., Health and Wellness, BlueCross BlueShield of Western New York

Tuesday, November 7 10 a.m.
Clarence Senior Center, 633-5138 to register

Wednesday, November 22 10 a.m.
Cheektowaga Senior Center, 686-3930 to register

Walkers, Braces, and Wheelchairs — Oh My!

Do you ever get phone calls offering you a free back brace? Or perhaps a postcard saying you’re eligible for a Medicare-approved knee brace? In this class, the Senior Medicare Patrol wants to tell you the truth about that kind of advertising and warn you against accepting “free” offers.

Instructor: Sally Hardenburg, Senior Medicare Patrol

Monday, October 2 2 p.m.
Baptist Manor, 819-1820 to register

Tuesday, October 17 1 p.m.
Town of Tonawanda Senior Center, 874-3266 to register

CLASS LOCATIONS

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

City of Tonawanda Library • 333 Main Street, City of Tonawanda

Clarence Senior Center • 4600 Thompson Road

Grand Island Golden Age Center • 3278 Whitehaven Road

The GreenFields Continuing Care Community • 5953 Broadway

Hamburg Senior Community Center • 4540 Southwestern Boulevard

Frank E. Merriweather, Jr. Library • 1324 Jefferson Avenue

Orchard Park Senior Center • 70 Linwood Avenue

SCENE /Concord Senior Center • 40 Commerce Drive

Town of Aurora Senior Center • 101 King Street

Town of Tonawanda Senior Citizen Center • 291 Ensminger Road



Class Listings by Facility

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

Day	Date	Time	Topic
Monday	October 2	1 p.m.	Mindful Eating
Tuesday	October 10	1 p.m.	Never Just Sit: Eleanor Roosevelt and American Crafts
Thursday	October 12	1 p.m.	"Macbeth"
Monday	October 16	1 p.m.	From Germany to France to the U.S. and Back with the U.S. Army
Tuesday	October 17	1 p.m.	High Blood Pressure: Know Your Numbers
Wednesday	October 18	10 a.m.	Sugar Savvy
Friday	October 20	1 p.m.	Katharine Cornell: The "Nice Lady from Buffalo" Who Became First Lady of the American Stage
Monday	October 23	1 p.m.	Seasonal Affective Disorder (SAD): Beating the Winter Blues
Monday	October 30	1 p.m.	The Last "Little Red Caboose" Ride
Tuesday	October 31	1 p.m.	Looking Back at JFK's Legacy on His 100th Birthday
Wednesday	November 1	6 p.m.	Celtic Whispers Across the Atlantic
Thursday	November 2	1 p.m.	"Unseen Tears": The Tragedy of Native American Residential Boarding Schools in WNY
Monday	November 6	1 p.m.	Reimagining Transportation
Monday	November 13	1 p.m.	Health Care Fraud ... Can It Happen to Me?
Tuesday	November 14	1 p.m.	Should I Turn Things Over to My Children? Joint Accounts, Life Estates, and Powers of Attorney
Wednesday	November 15	6 p.m.	Millard Fillmore Revisited
Monday	November 27	1 p.m.	Lockport Locks: Restoring the Flight of Five
Friday	December 1	1 p.m.	Common Medications Used for Depression and Anxiety
Monday	December 4	1 p.m.	Medications and You
Wednesday	December 6	10 a.m.	Reading the New Food Label
Monday	December 11	1 p.m.	Yemeni Cuisine and Culture
Wednesday	December 13	1 p.m.	Buffalo Diaries from the '30s and '40s

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

Day	Date	Time	Topic
Monday	October 2	2 p.m.	Walkers, Braces, and Wheelchairs — Oh My!
Tuesday	October 10	2 p.m.	Native American Culture
Monday	October 16	2 p.m.	George Washington's Wooden Teeth: Presidential Portraits and the Artists Who Painted Them
Wednesday	October 18	2 p.m.	Growing Up Poor and Black in Buffalo
Monday	October 23	2 p.m.	Medications and You
Wednesday	October 25	2 p.m.	Forgiveness: A Path to Healing
Thursday	October 26	2 p.m.	Looking Back at JFK's Legacy on His 100th Birthday
Friday	October 27	2 p.m.	Age-Friendly Action Planning for Your Community
Monday	October 30	2 p.m.	Yemeni Cuisine and Culture
Wednesday	November 1	2 p.m.	What Did You Do in the War, Mommy? WNY Housewives in WWI
Wednesday	November 8	2 p.m.	Walt Whitman: Poet of Democracy
Thursday	November 9	2 p.m.	Burchfield Penney Art Center: Celebrating WNY Artists
Friday	November 10	2 p.m.	The Psychic Highway: How the Erie Canal Changed America
Monday	November 13	2 p.m.	Katharine Cornell: The "Nice Lady from Buffalo" Who Became First Lady of American Stage
Tuesday	November 14	2 p.m.	Celtic Whispers Across the Atlantic

Class Listings by Facility

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

Day	Date	Time	Topic
Thursday	October 12	7:30 p.m.	20th-Century Americana: Norman Rockwell and Grant Wood
Tuesday	October 17	7:30 p.m.	Buffalo's East Side Industry
Wednesday	October 18	7:30 p.m.	The Death of Fossil Fuels
Tuesday	October 24	7:30 p.m.	Katharine Cornell: The "Nice Lady from Buffalo" Who Became First Lady of the American Stage
Thursday	October 26	7:30 p.m.	The Last "Little Red Caboose" Ride
Monday	October 30	7:30 p.m.	Seasonal Affective Disorder (SAD): Beating the Winter Blues
Wednesday	November 8	7:30 p.m.	"Unseen Tears": The Tragedy of Native American Residential Boarding Schools in WNY
Thursday	November 9	7:30 p.m.	Understanding Blood Pressure Goals
Tuesday	November 14	7:30 p.m.	Reimagining Transportation
Wednesday	November 15	7:30 p.m.	What Did You Do in the War, Mommy? WNY Housewives in WWI
Tuesday	November 21	7:30 p.m.	Celtic Whispers Across the Atlantic
Tuesday	November 28	7:30 p.m.	Lockport Locks: Restoring the Flight of Five
Thursday	November 30	7:30 p.m.	Medicines and You
Tuesday	December 5	7:30 p.m.	From Germany to France to the U.S. and Back with the U.S. Army

CHEEKTOWAGA SENIOR CENTER • 3349 BROADWAY REGISTER AT 686-3930

Day	Date	Time	Topic
Tuesday	October 3	10 a.m.	Buffalo Diaries from the '30s and '40s
Tuesday	October 17	10 a.m.	The 10 Warning Signs of Alzheimer's Disease: Early Detection Matters
Tuesday	October 17	1 p.m.	Celtic Whispers Across the Atlantic
Wednesday	October 18	10 a.m.	Cuba: A Land in Transition
Wednesday	October 18	1 p.m.	George Orwell's "1984"
Thursday	October 19	1 p.m.	Good Bugs for Good Health – Part 2
Tuesday	October 24	10 a.m.	Growing Up Poor and Black in Buffalo
Tuesday	October 24	1 p.m.	Native American Culture
Wednesday	October 25	10 a.m.	Images of Propaganda in Art and Advertising
Wednesday	October 25	1 p.m.	"The Scarlet Letter"
Monday	October 30	10 a.m.	Buffalo's East Side Industry
Tuesday	October 31	1 p.m.	Disability Etiquette
Wednesday	November 1	10 a.m.	Katharine Cornell: "The Nice Lady from Buffalo" Who Became First Lady of the American Stage
Wednesday	November 1	1 p.m.	Millard Fillmore Revisited
Thursday	November 9	10 a.m.	What Did You Do in the War, Mommy? WNY Housewives in WWI
Monday	November 13	10 a.m.	Forgiveness: A Path to Healing
Tuesday	November 14	1 p.m.	Reimagining Transportation
Monday	November 20	1 p.m.	The Global Crisis of Fresh Water
Wednesday	November 22	10 a.m.	Vitamin D: The Sunshine Vitamin
Monday	November 27	10 a.m.	Medicare Rights and Wrongs ... Can They Do That?
Tuesday	November 28	1 p.m.	Memoir: Reading Others' Lives
Wednesday	December 6	10 a.m.	The History of Buffalo Roadways

Class Listings by Facility

CITY OF TONAWANDA LIBRARY • 333 MAIN STREET, CITY OF TONAWANDA
REGISTER AT 693-5043

Day	Date	Time	Topic
Tuesday	October 3	1 p.m.	George Washington's Wooden Teeth: Presidential Portraits and the Artists Who Painted Them
Tuesday	October 10	1 p.m.	Charles Burchfield
Thursday	October 12	1 p.m.	Katharine Cornell: The "Nice Lady from Buffalo" Who Became First Lady of the American Stage
Tuesday	October 17	1 p.m.	Rock 'n' Roll Buffalo
Thursday	October 19	1 p.m.	The Global Crisis of Fresh Water
Tuesday	October 24	1 p.m.	The Psychic Highway: How the Erie Canal Changed America
Thursday	October 26	1 p.m.	The Larkin Soap Company
Thursday	November 2	1 p.m.	Personal Perspectives and Experiences with Six U.S. Presidents
Thursday	November 9	1 p.m.	A Whisper of Bones: The Erie County Poorhouse Project
Tuesday	November 14	1 p.m.	The 10 Warning Signs of Alzheimer's Disease: Early Detection Matters
Thursday	November 16	1 p.m.	Seasonal Affective Disorder (SAD): Beating the Winter Blues

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Class Listings by Facility

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

Day	Date	Time	Topic
Monday	October 2	1:30 p.m.	What You Need to Know About the New York Constitution
Tuesday	October 3	1:30 p.m.	Health Care Fraud ... Can It Happen to Me?
Thursday	October 5	1:30 p.m.	Healthy Living for Your Brain and Body: Tips from the Latest Research
Wednesday	October 11	6:30 p.m.	"Unseen Tears": The Tragedy of Native American Residential Boarding Schools in WNY
Thursday	October 12	1:30 p.m.	Walt Whitman: Poet of Democracy
Monday	October 16	1:30 p.m.	Medications, Falls, and Fractures
Tuesday	October 17	1:30 p.m.	Is It Art? The Mid-Century Modern and Minimalist Art Movement
Friday	October 20	1:30 p.m.	George Orwell's "1984"
Monday	October 23	1:30 p.m.	Celtic Whispers Across the Atlantic
Tuesday	October 24	1:30 p.m.	The Death of Fossil Fuels
Thursday	October 26	1:30 p.m.	Question of Sanity: The True Story of Female Serial Killers in 19th-Century New York
Friday	October 27	1:30 p.m.	Lessons in Irony in "Madame Bovary"
Thursday	November 2	1:30 p.m.	Jane Austen at 200
Friday	November 3	1:30 p.m.	Memoir: Reading Others' Lives
Monday	November 6	1:30 p.m.	The History of Buffalo Roadways
Tuesday	November 7	10 a.m.	Vitamin D: The Sunshine Vitamin
Wednesday	November 8	1:30 p.m.	The Lusitania
Wednesday	November 8	6:30 p.m.	Buffalo's East Side Industry
Monday	November 13	1:30 p.m.	Reimagining Transportation
Thursday	November 16	1:30 p.m.	Growing Up Poor and Black in Buffalo
Friday	November 17	1:30 p.m.	Good Bugs for Good Health – Part 2
Monday	November 20	1:30 p.m.	100 Years of Women's Suffrage in New York State
Wednesday	November 22	1:30 p.m.	Katharine Cornell: "The Nice Lady from Buffalo" Who Became First Lady of the American Stage
Monday	November 27	1:30 p.m.	Depression
Tuesday	November 28	1:30 p.m.	Understanding Blood Pressure Goals
Friday	December 1	1:30 p.m.	Lockport Locks: Restoring the Flight of Five

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

Day	Date	Time	Topic
Tuesday	September 26	1 p.m.	Mad House: The Hidden History of Insane Asylums in 19th-Century New York
Thursday	October 5	1 p.m.	A Whisper of Bones: The Erie County Poorhouse Project
Thursday	October 12	1 p.m.	Never Just Sit: Eleanor Roosevelt and American Crafts
Thursday	October 19	1 p.m.	Closest of Companions: Franklin and Eleanor Roosevelt and Their Intimate Friends
Tuesday	October 24	10 a.m.	Medicare Rights and Wrongs ... Can They Do That?
Tuesday	October 24	1 p.m.	Inside the FBI's Behavioral Analysis Unit
Friday	October 27	10 a.m.	Crystal Beach: The Good Old Days
Thursday	November 9	1 p.m.	Native American Culture
Tuesday	November 14	10 a.m.	Disappearing Act: What Happened to the Middle Class?
Thursday	December 7	1 p.m.	Medications and You

Class Listings by Facility

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

Day	Date	Time	Topic
Thursday	September 21	6 p.m.	Neuropathology and Dementia
Wednesday	October 4	7 p.m.	A Whisper of Bones: The Erie County Poorhouse Project
Tuesday	October 10	10 a.m.	Personal Perspectives and Experiences with Six U.S. Presidents
Wednesday	October 11	1:30 p.m.	The Rise and Fall of the Mafia in Buffalo
Monday	October 16	1:30 p.m.	Buffalo Diaries from the '30s and '40s
Wednesday	October 18	1:30 p.m.	Mad House: The Hidden History of Insane Asylums in 19th-Century New York
Thursday	October 19	6 p.m.	Caregiving: Behaviors, Connections, Support
Monday	October 23	5:30 p.m.	Understanding Medicare Part D
Wednesday	October 25	1:30 p.m.	Buffalo City Hall
Friday	October 27	1:30 p.m.	Understanding Medicare Part D
Wednesday	November 1	1:30 p.m.	20th-Century Americana: Norman Rockwell and Grant Wood
Monday	November 6	1:30 p.m.	Burchfield Penney Art Center: Celebrating WNY Artists
Wednesday	November 8	7 p.m.	Closest of Companions: Franklin and Eleanor Roosevelt and Their Intimate Friends
Tuesday	November 14	1:30 p.m.	The Psychic Highway: How the Erie Canal Changed America
Thursday	November 16	1:30 p.m.	The New World of News
Monday	November 20	1:30 p.m.	Medicare Rights and Wrongs ... Can They Do That?
Wednesday	December 6	1:30 p.m.	Early Buffalo Music and Entertainment
Monday	December 11	1:30 p.m.	Seasonal Affective Disorder (SAD): Beating the Winter Blues

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

Day	Date	Time	Topic
Thursday	October 5	1:30 p.m.	Inside the FBI's Behavioral Analysis Unit
Wednesday	October 11	10 a.m.	Physical Therapy 101
Friday	October 13	10 a.m.	The 10 Warning Signs of Alzheimer's Disease: Early Detection Matters
Wednesday	October 18	10 a.m.	Images of Propaganda in Art and Advertising
Thursday	October 19	1:30 p.m.	Buffalo City Hall
Wednesday	October 25	10 a.m.	The Death of Fossil Fuels
Thursday	November 9	10 a.m.	George Orwell's "1984"
Monday	November 13	1:30 p.m.	Common Prescription Insurance Problems Explained

FRANK E. MERRIWEATHER, JR. LIBRARY • 1324 JEFFERSON AVE REGISTER AT 883-4418

Day	Date	Time	Topic
Thursday	October 12	2 p.m.	Growing Up Poor and Black in Buffalo

Class Listings by Facility

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

Day	Date	Time	Topic
Monday	October 2	1:30 p.m.	Frida Kahlo and Diego Rivera
Thursday	October 5	1:30 p.m.	Reimagining Transportation
Friday	October 6	1:30 p.m.	Good Bugs for Good Health – Part 2
Friday	October 13	1:30 p.m.	From Germany to France to the U.S. and back with the U.S. Army
Monday	October 16	1:30 p.m.	Jane Austen at 200
Tuesday	October 17	1:30 p.m.	Buffalo City Hall
Friday	October 20	1:30 p.m.	End-of-Life Dreams and Visions
Monday	October 23	1:30 p.m.	The Larkin Soap Company
Thursday	October 26	1:30 p.m.	Depression
Monday	October 30	1:30 p.m.	The Future of the Saud Family and Saudi Arabia
Thursday	November 2	1:30 p.m.	Mad House: The Hidden History of Insane Asylums in 19th-Century New York
Monday	November 6	1:30 p.m.	The Death of Fossil Fuels
Tuesday	November 7	1:30 p.m.	100 Years of Women's Suffrage in New York State
Monday	November 13	1:30 p.m.	Yemeni Cuisine and Culture
Thursday	November 16	1:30 p.m.	Looking Back at JFK's Legacy on His 100th Birthday
Monday	November 20	1:30 p.m.	Physical Therapy 101
Monday	November 27	1:30 p.m.	Closest of Companions: Franklin and Eleanor Roosevelt and Their Intimate Friends
Thursday	November 30	1:30 p.m.	Medications and You

SCENE/CONCORD SENIOR CENTER • 40 COMMERCE DRIVE REGISTER AT 770-7277

Day	Date	Time	Topic
Friday	October 6	1:30 p.m.	Never Just Sit: Eleanor Roosevelt and American Crafts
Friday	October 13	1:30 p.m.	Good Bugs for Good Health – Part 1
Friday	October 20	1:30 p.m.	The Last "Little Red Caboose" Ride
Friday	October 27	1:30 p.m.	Reimagining Transportation

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

Day	Date	Time	Topic
Wednesday	October 4	1:30 p.m.	The Larkin Soap Company
Wednesday	November 1	1:30 p.m.	Inside the FBI's Behavioral Analysis Unit
Wednesday	November 8	1:30 p.m.	The Rise and Fall of the Mafia in Buffalo
Wednesday	November 29	1:30 p.m.	Reimagining Transportation

TOWN OF TONAWANDA SENIOR CITIZEN CENTER • 291 ENSMINGER ROAD REGISTER AT 874-3266

Day	Date	Time	Topic
Thursday	October 17	1 p.m.	Walkers, Braces, and Wheelchairs — Oh My!
Thursday	October 26	1 p.m.	The Rise and Fall of the Mafia in Buffalo
Thursday	November 9	1 p.m.	Buffalo Diaries from the '30s and '40s
Tuesday	December 5	1 p.m.	Looking Back at JFK's Legacy on His 100th Birthday

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