

# UNIVERSITY EXPRESS



SPRING  
2015

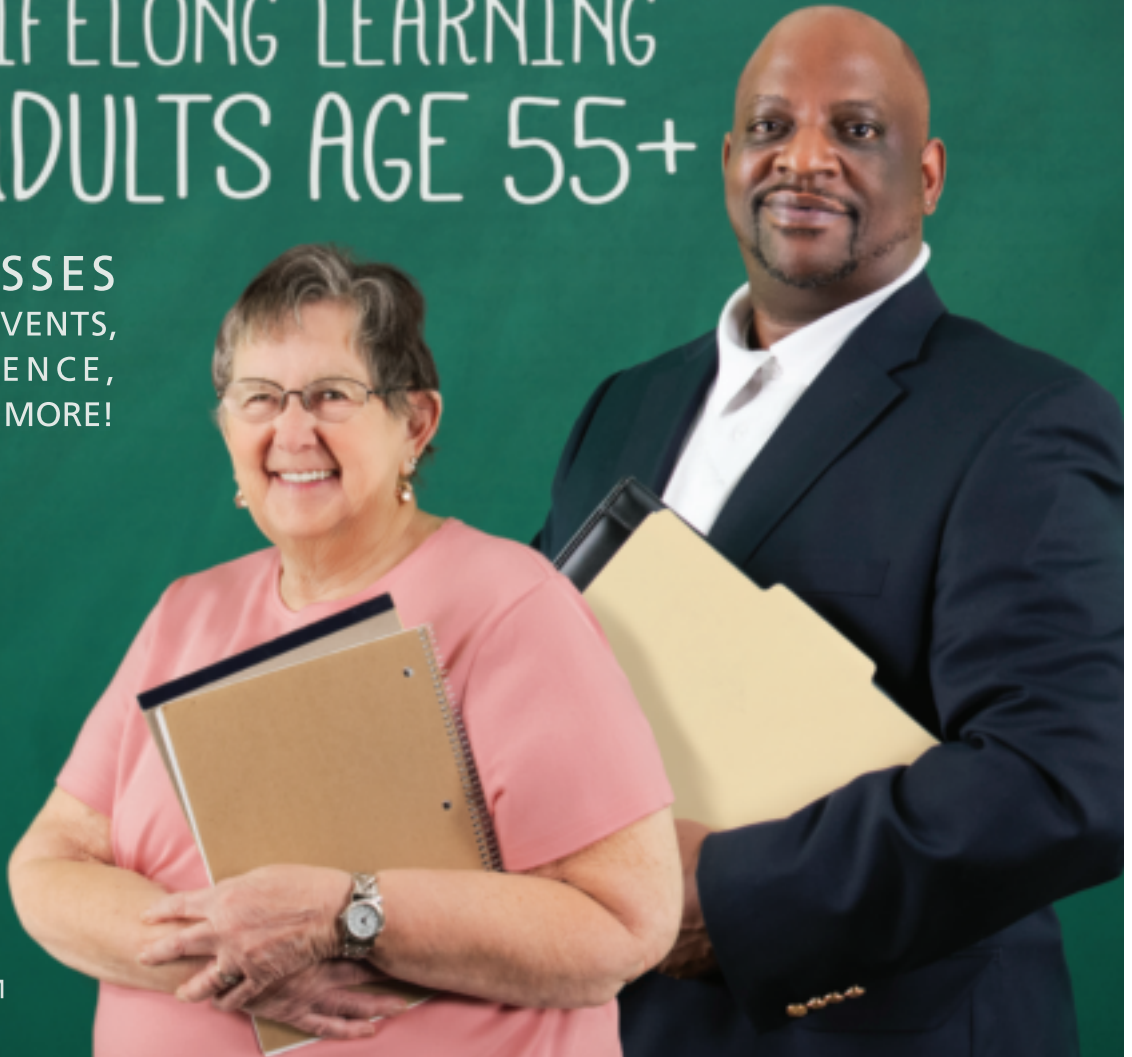
## FREE LIFELONG LEARNING FOR ADULTS AGE 55+

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

A PROGRAM OF:

RSVP

RETIRED & SENIOR  
VOLUNTEER PROGRAM



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- Baptist Manor
- Canterbury Woods
- Cheektowaga Senior Center
- Clarence Senior Center
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**BlueCross BlueShield  
of Western New York**

# Welcome to University Express, Spring 2015 Edition

We're excited to bring you a new season of classes, and to announce a new sponsor joining our efforts to provide you with free, quality programming – Excelsior Orthopaedics. Look for their classes and healthy tips throughout this publication.

Classes are organized alphabetically by topic and subject, followed by date, time, and location where they are held, along with phone numbers to register.

*Remember, all classes are free, but you must register in order to attend.*

Thank you for considering joining us at a class. I welcome your suggestions for future topics.



*Pat Dowling*

Patricia Dowling, RSVP Director

# RSVP

RETIRED & SENIOR  
VOLUNTEER PROGRAM

## 858-7548

## CURRENT AFFAIRS

### Brownfield Redevelopment

Buffalo's industrial past and former prosperity left an ugly legacy: brownfields. The crumbling economy, in particular the closing of many steel plants, led to the abandonment of properties, many with environmental contaminants. If brownfield sites are contaminated, can the land be used again? What obstacles are in the way of brownfield remediation and development?

**Instructor: Angela Keppel, planner at KHEOPS Architecture, Engineering and Survey; director, WNY section of American Planning Association**

**Monday, May 4** 1 p.m.

Orchard Park Senior Center, 662-6452 to register

**Tuesday, June 2** 1:30 p.m.

Clarence Senior Center, 633-5138 to register

### The Common Core and Education Reform

Learn about the basics of the Common Core mission, curriculum, and standards. How/why was the program developed? How is it being implemented? What are the outcomes so far in terms of student achievement? Why is there so much controversy?

**Instructor: Kim Schuler, Literacy Intervention Specialist, Read to Succeed Buffalo**

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

Orchard Park Senior Center, 662-6452 to register

**Tuesday, June 23** 8 p.m.

Canterbury Woods, 929-5823 to register



### Diversity in Islamic Schools of Thought

While Sunnis, Shiites, and other Muslim sects share most basic religious tenets, their differences have sometimes been the basis for religious intolerance, political infighting, and sectarian violence. We'll examine how different schools of thought in Islam influence the practice of the religion.

**Instructor: Faizan Haq, Professor of Asian Studies, SUNY Buffalo**

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

Clarence Senior Center, 633-5138 to register

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

Baptist Manor, 819-1820 to register

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

Orchard Park Senior Center, 662-6452 to register

**Monday, June 22** 8 p.m.

Canterbury Woods, 929-5823 to register

### Interrogation or Torture?

A 2014 report released by Amnesty International details the growing use of torture around the world. What are the definitions of torture and enhanced interrogation? Have recent U.S. government policies normalized the use of torture as part of national security expectations?

**Instructor: Julia Hall, human rights lawyer, Amnesty International**

**Thursday, May 7** 3 p.m.

Orchard Park Senior Center, 662-6452 to register

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

Cheektowaga Senior Center, 686-3930 to register

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

Clarence Senior Center, 633-5138 to register

## Investigative Journalism

Investigative journalism delves beneath the surface to uncover facts about corruption and fraud, unsafe workplaces, abuse of power, scams, and the violation of human rights. It can turn complicated investigations into compelling and influential stories. How do journalists find sources, track down key documents, follow money trails, and ask probing and hard-hitting questions?

**Instructor:** Lee Coppola, retired dean, School of Journalism, St. Bonaventure; award-winning Buffalo newspaper and TV reporter; Assistant U.S. Attorney

**Tuesday, May 5** **1:30 p.m.**  
Clarence Senior Center, 633-5138 to register

## Nippon Buzz: Headlines in Japan, 2015



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

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

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

## Town Hall Meeting

Join us for an old-fashioned, Town Hall-style discussion with retired Congressman John J. LaFalce. For 28 years, Rep. LaFalce hosted Town Hall meetings to give people the opportunity to ask questions about issues facing Congress, such as health care, the economy, taxes, and education. Hear the Congressman's perspectives on national and international issues, and bring your questions and comments to the floor!

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

**Monday, May 18** **2 p.m.**  
Baptist Manor, 819-1820 to register

## Turkey and its Unstable Neighborhood

Turkey has emerged as an economic force and Muslim power, with growing influence in the Middle East. Turkey's foreign policy of "zero problems with neighbors" has transformed into "zero neighbors without problems," and now includes a self-declared caliphate next door, problematic relationships with Israel and Egypt, aggressive Russia, and the over-arching Kurdish question. What will be the impact of this instability as Turkey becomes a stronger economic and political force?

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

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

**Tuesday, May 12** **1 p.m.**  
Orchard Park Senior Center, 662-6452 to register

## Ukraine

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

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

**Thursday, June 4** **8 p.m.**  
Canterbury Woods, 929-5823 to register

## U.S. Voting Rights and Citizenship

Throughout U.S. history, many barriers have stood between citizens and their right to vote. Casting a ballot is essential because elected officials can regulate even the most personal aspects of our lives. Why is U.S. voter turnout so poor? How can we inspire participation among those least likely to vote? How can redistricting and photo ID requirements shape our ballot choices?

**Instructor:** Marian Deutschman, Emerita Professor of Communications, Buffalo State College

**Wednesday, April 29** **8 p.m.**  
Canterbury Woods, 929-5823 to register



## The Art and Social Vision of Frank Lloyd Wright

Wright created a distinctively American form of architecture. We'll examine his personal life, the Darwin Martin house and the Larkin Building, as well as his utopian community, Broadacre City, which inspired the post-1945 American suburb.

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

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

## Buffalo's Canal District: The Very Nostrils of Hell

This was how the Christian Homestead Association described the Canal District toward the end of the 19th century. Once one of the toughest waterfronts and bawdiest red light districts in the world, we'll discuss its history, Buffalo's "Little Italy," and Canalside – a heritage-themed zone.

**Instructor: Mike Vogel, lighthouse keeper, author, and retired Buffalo News editor**

**Tuesday, May 12 2 p.m.**  
Ken-Ton Presbyterian Village, 874-6070 ext. 18 to register

**Monday, June 8 1 p.m.**  
Orchard Park Senior Center, 662-6452 to register

## Buffalo's Waterfront: Past, Present, and Future

When the Erie Canal opened in 1825, Buffalo's waterfront quickly became one of the most prominent ports in the world. Today, the waterfront is enjoying a renaissance as the community returns for recreation and entertainment.

**Instructor: Brad Hahn, President and docent, Explore Buffalo tours**

**Monday, May 11 10 a.m.**  
Cheektowaga Senior Center, 686-3930 to register

**Monday, May 11 1 p.m.**  
Orchard Park Senior Center, 662-6452 to register

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

**Tuesday, June 9 8 p.m.**  
Canterbury Woods, 929-5823 to register

## A Civil War Veteran's Struggle with Rebels, Brits, and Devils

Listen to the historical account of two Buffalo natives, raised in Buffalo's First Ward in the mid-1800s and soldiers with Grant's Army of the Potomac in the Civil War. These sons of Irish immigrants endured the industrial revolution, Civil War, Fenian movement, bitter race relations, unionization, and the Roman Catholic Church as led by Bishop John Timon.

**Instructor: Bill Donohue, local author and retired commerce commissioner**

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

**Tuesday, May 5 2 p.m.**  
Ken-Ton Presbyterian Village, 874-6070 ext. 18 to register

**Thursday, May 21 11 a.m.**  
Amherst Senior Center, 636-3055 ext. 3108 to register

**Tuesday, June 16 10 a.m.**  
Cheektowaga Senior Center, 686-3930 to register

## Discovering Buffalo, One Street at a Time



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

**Instructor: Angela Keppel, planner at KHEOPS Architecture, Engineering and Survey; director, WNY section of American Planning Association**

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

**Wednesday, May 27 2 p.m.**  
Baptist Manor, 819-1820 to register

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

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



**Instructor:** Marty Biniasz, Director of Special Events for the Erie County Fair

**Tuesday, May 5** 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

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

SCENE/Concord Town Hall, 592-7599 to register

## Franklin and Eleanor

Doris Kearns Goodwin wrote the Pulitzer Prize-winning book, *No Ordinary Time*, about the White House during World War II. The book also examines the couple at the center of the U.S. effort to overwhelm the Axis Powers, Franklin and Eleanor Roosevelt. We'll discuss the White House during those years, and how they inspired a nation that was unprepared for war to forge ahead to victory.

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

**Wednesday, June 10** 8 p.m.

Canterbury Woods, 929-5823 to register

## The Guaranty Building

The Guaranty Building, completed in 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, attorney, Hodgson Russ LLP

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

Orchard Park Senior Center, 662-6452 to register

## The Louisiana Purchase

In 1803, France sold 530 million acres of territory in North America to the U.S. for \$15 million, doubling the size of the Union. The Louisiana Purchase ended French colonial ambitions in the New World without a shot fired. Learn about this decisive moment in U.S. history, and the political maneuvering of Jefferson, Madison, Napoleon, and others as they tried to advance theirs and their nations' interests through diplomacy, lies, bribery, and treachery.

**Instructor:** Norman Mineo, history enthusiast

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

Clarence Senior Center, 633-5138 to register

**Thursday, May 21** 12:45 p.m.

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

## The Many Faces of Marie Antoinette

Much has been written about the Reign of Terror during the French Revolution. We'll explore myths and fallacies through excerpts from two feature-length films, Patrice Leconte's *Ridicule*, and Sofia Coppola's *Marie Antoinette*.

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

**Monday, May 25** 8 p.m.

Canterbury Woods, 929-5823 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, Professor of French and Fulbright Scholar, Canisius College

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

Baptist Manor, 819-1820 to register

## Personal Perspectives of 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: Hon. John J. LaFalce, Member of Congress, 1975-2003, Special Counsel to Hogan Willig**

**Wednesday, June 10 1:30 p.m.**

Clarence Senior Center, 633-5138 to register

**Thursday, June 25 10 a.m.**

Cheektowaga Senior Center, 686-3930 to register

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

Orchard Park Senior Center, 662-6452 to register

## Prosperity and Conflict: Buffalo 1844–1867

Hear an overview of the fascinating history of Buffalo, including its industrialization, Irish immigration, Canal Street, the arrival of Bishop Timon, the Fugitive Slave Act and Underground Railroad, Civil War involvement, and the Fenian Invasion of Canada.

**Instructor: Tim Shannon, local author and educator**

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

Clarence Senior Center, 633-5138 to register

**Thursday, May 28 12:45 p.m.**

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

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

Baptist Manor, 819-1820 to register

## A Whisper of Bones: The Erie County Poorhouse Project

The Erie County Poorhouse, Hospital, and Insane Asylum were located at what is now the University at Buffalo's (U.B.) Main Street Campus. In 2012, building improvements brought about the need for an excavation of skeletal remains on the site of the Poorhouse. Learn what the team of archeologists and anthropologists from U.B. uncovered, and what skeletal analysis tells us about the poorhouse.

**Instructor: Rosanne Higgins, Adjunct Professor, Department of Anthropology, SUNY Buffalo**

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

Clarence Senior Center, 633-5138 to register

**Monday, May 18 1 p.m.**

Orchard Park Senior Center, 662-6452 to register

**Wednesday, May 27 1 p.m.**

Cheektowaga Senior Center, 686-3930 to register

**Monday, June 15 8 p.m.**

Canterbury Woods, 929-5823 to register

**Tuesday, June 16 6:30 p.m.**

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

**Monday, June 22 2 p.m.**

Baptist Manor, 819-1820 to register

**Wednesday, July 22 6:30 p.m.**

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

## Women Spies in U.S. History

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

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

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

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

**Tuesday, April 28 8 p.m.**

Canterbury Woods, 929-5823 to register



### healthy tip

**Get an annual physical** and discuss the following with your doctor:

- Your current level of physical activity
- Any balance issues or recent falls you've had
- Your blood pressure and cholesterol levels
- How to control your blood sugar, if necessary
- Whether you need testing for brittle bones
- Any bladder control issues
- Your current medications

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

Explore the literary references in Lewis Carroll's classic novel, as well as the political background that affected his story. Learn about hidden references that most people never knew when they read the book as a child.



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

**Thursday, June 4** **12:45 p.m.**  
Amherst Senior Center, 636-3055 ext. 3108 to register

## Edgar Allan Poe

Poe, along with Mary Shelley and Bram Stoker, was one of the original authors of horror and science fiction, and has also been credited with inventing the modern detective story. Explore Poe's dark writing, which uses recurring themes of death, lost love, or both.

**Instructor:** Jim Banko, retired English teacher

**Friday, May 8** **10 a.m.**  
Cheektowaga Senior Center, 686-3930 to register

## Great Presidential Portraits and the Artists who Painted Them

Beyond the images in the post office and engravings on U.S. currency, what stories lie behind the 44 presidents' images are awaiting to be revealed? Learn about our historic leaders and the often over-looked artists they posed for.

**Instructor:** Jean Serusa, certified New York State Art Educator

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

**Tuesday, May 19** **8 p.m.**  
Canterbury Woods, 929-5823 to register

**Wednesday, June 3** **12:45 p.m.**  
Amherst Senior Center, 636-3055 ext. 3108 to register

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

## Haiku of Flowers

Come to one session for two back-to-back workshops melding art, literature, writing, and art-making.

**Workshop 1:** Haikus are short poems, usually 3 short lines using simple language that captures the essence of a moment. Bring a notebook to try your own.

**Workshop 2:** Using images and the instructor's guidance, you'll create your own watercolor image to frame your haiku.

**Must register ahead; limited to 10 participants.**

**Instructors:** Linda Drajem, writer; retired English instructor, Buffalo State College; and Jean Serusa, certified New York State Art Educator

**Tuesday, May 19** **2 p.m.**  
Baptist Manor, 819-1820 to register

**Tuesday, June 16** **1 p.m.**  
Orchard Park Senior Center, 662-6452 to register

## John Steinbeck

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

**Instructor:** Jim Banko, retired English teacher

**Thursday, May 7** **8 p.m.**  
Canterbury Woods, 929-5823 to register

## Mary Cassatt

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

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

**Thursday, May 14** **1 p.m.**  
Orchard Park Senior Center, 662-6452 to register



## Maya Angelou's Life and Works

Poet, artist, actor, activist, prophet – Maya Angelou was a jack-of-all-trades. Born in poverty and raised in racially segregated Stamps, Arkansas, she overcame trauma and went on to succeed in numerous artistic endeavors. Hear about her literary successes, experience in the civil rights movement, and how she educated young artists and writers throughout her career until she died in May 2014.

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

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

SCeNe/Concord Town Hall, 592-7599 to register

**Tuesday, June 2 6:30 p.m.**

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



## Poetry of World War I

Roughly 10 million soldiers and 7 million civilians lost their lives in World War I. Poets responded to the brutalities and losses in new ways. While poems in 1914 glorify honor, duty, and heroism, poems after 1915 discuss those glorified ideals with skepticism and bitter irony. The later poems of WWI mark a substantial shift in how America began to view war and sacrifice.

**Instructor: Jim Banko, retired English teacher**

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

Orchard Park Senior Center, 662-6452 to register

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

Baptist Manor, 819-1820 to register

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

Canterbury Woods, 929-5823 to register

## Wit and Wisdom of E. E. Cummings

E. E. Cummings' odd style of writing made it difficult to get his early 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, using lines like "*in Just-spring when the world is mud-luscious.*" We will look at his life, poems, and paintings.

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

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

Baptist Manor, 819-1820 to register

**Wednesday, May 13 8 p.m.**

Canterbury Woods, 929-5823 to register

## The Meaning Behind the Words: The Poetry of Robert Frost



A four-time Pulitzer Prize winner, Robert Frost is considered by critics to be one of the greatest American modernists. He is known for his use of colloquial language and vivid images of rural life. We will examine *Stopping by the Woods on a Snowy Evening*, *The Road Not Taken*, *Apple Picking Time*, and *Mending Wall* to explore the hidden meanings in Frost's simple poetry.

**Instructor: Jim Banko, retired English teacher**

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

Orchard Park Senior Center, 662-6452 to register



### healthy tip

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

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

## Arthritis and Degenerative Disorders

Join surgeons from **Excelsior Orthopaedics** to discuss what causes joint pain, and explore treatment options to give you relief and regain function. Each session will focus on different joints.

### Hip Disorders – Dr. Nicholas Violante

**Wednesday, May 20** 6:30 p.m.

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

### Knee Disorders – Dr. Andrew Stoeckl

**Wednesday, June 17** 10:30 a.m.

Orchard Park Senior Center, 662-6452 to register

### Hip and Knee Disorders – Dr. Peter Shields

**Tuesday, May 26** 1:30 p.m.

Clarence Senior Center, 633-5138 to register

### Shoulder Disorders – Dr. Kory Reed

**Monday, June 15** 1:30 p.m.

Clarence Senior Center, 633-5138 to register

### Shoulder Disorders – Dr. Paul Paterson

**Thursday, June 18** 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

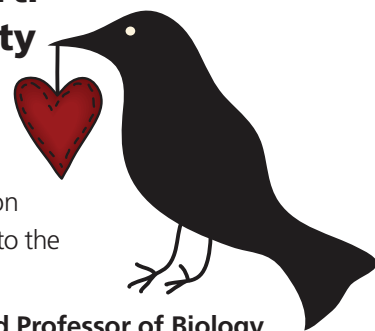
### Hand Disorders – Dr. Kory Reed

**Tuesday, June 23** 1:30 p.m.

Clarence Senior Center, 633-5138 to register

## Blood and the Heart: Myth, Magic, Reality

Throughout history, folk stories, myths, and even religions have focused on blood and the heart. We'll sort out early misinformation of these systems and what leads to the most common forms of death.



**Instructor: Paul Tenser, retired Professor of Biology, Erie Community College**

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

Clarence Senior Center, 633-5138 to register

**Tuesday, June 2** 1 p.m.

Orchard Park Senior Center, 662-6452 to register



**Excelsior**  
Orthopaedics.

healthy tip

Arthritis flares? Several foods can reduce the pain from arthritis or other musculoskeletal conditions. Tart cherries, tart cherry juice, or garlic are a few of many foods that may help. Talk to your doctor about how to best add these foods to your daily diet.



# 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.**

## Butterflies and Moths

Discover the differences between the two. We'll also talk about the endangered monarch, and how to create a butterfly habitat in your own backyard.



**Instructor: Wayne Robins, naturalist, educator, and beekeeper for over 40 years**

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

Baptist Manor, 819-1820 to register

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

Cheektowaga Senior Center, 686-3930 to register

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## Genetics and Alzheimer's Disease

Alzheimer's Disease is a progressive deterioration of neurons in the brain, and considered to be a significant public health problem. Can Alzheimer's Disease be inherited? Learn how genetic tools and research may lead to better treatment strategies to slow or alter the course of the disease.

**Instructor: Dr. Kinga Szigeti, Assistant Professor of Neurology and Director of Alzheimer's Disease and Memory Disorders Center, SUNY Buffalo Medical School**

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

Clarence Senior Center, 633-5138 to register

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

Cheektowaga Senior Center, 686-3930 to register

**Tuesday, June 30** **8 p.m.**

Canterbury Woods, 929-5823 to register

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## Life in a Beehive

Learn about one of the earliest and most beneficial food crops, honey. We'll discuss the history of the honey bee, working with bees and managing wild swarms, the current bee die-off, and honey-producing plants and flowers.

**Instructor: Wayne Robins, naturalist, educator, and beekeeper for over 40 years**

**Tuesday, May 5** **1 p.m.**

Orchard Park Senior Center, 662-6452 to register

**Monday, May 18** **1 p.m.**

Cheektowaga Senior Center, 686-3930 to register

## Microbiology and Food Safety

Do you ever wonder if a food is safe to buy or eat? We'll examine the basics of food preparation, storage, and how bacteria, yeast, and mold can occur. Learn techniques to make food safe, how shelf life is determined, and how some U.S. epidemics of food-borne illnesses could have been prevented.

**Instructor: John Shields, retired food microbiologist at Rich Products Corporation**

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

Clarence Senior Center, 633-5138 to register

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

Cheektowaga Senior Center, 686-3930 to register

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## Mustelids: The Weasel Family

Mustelids include over 60 mammal species such as weasels, minks, badgers, otters, and fishers. They are the largest family of carnivores, found on almost every continent, and many are prized for their thick fur. Mustelids produce musk, a strongly scented liquid, to mark territory, attract mates, and deter predators. Learn about the habits and habitats of mustelids in Western New York.

**Instructor: Elise Able, wildlife rehabilitator**

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

Orchard Park Senior Center, 662-6452 to register

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## Rachel Carson: For Love of the Earth

In the early 1960s, Rachel Carson became the mother of the modern environmental movement when she published her controversial book, *Silent Spring*. The book was both a call to arms against pesticide use and a thoughtful praise of the natural world. Learn of her courageous and resilient story.



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

**Friday, May 29** **1 p.m.**

Orchard Park Senior Center, 662-6452 to register

**Thursday, June 18** **2 p.m.**

Baptist Manor, 819-1820 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**

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

Clarence Senior Center, 633-5138 to register

**Thursday, July 30 12:45 p.m.**

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

## Take Control of Your Diabetes

Learn how to adopt the basics of a healthy lifestyle. Making good decisions about food, and other healthy changes, along with working with your doctor, can help you minimize your medication dependency.

**Instructor: Dr. Riffat Sadiq, Buffalo physician,  
internal and geriatric medicine**

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

Baptist Manor, 819-1820 to register

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

Orchard Park Senior Center, 662-6452 to register



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healthy tip

Better health care happens when patients and physicians work together as a team. It's all about communicating.

- Remember to write down your questions before your next health care appointment.
- Insist on fully understanding all treatment options discussed, so together you can make the best decisions.
- Don't hesitate to ask questions, voice concerns, or speak up when you don't understand.
- Always be honest and don't hold back information. Answer questions completely and share your point of view.

## Understanding Pain and Neuropathy

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



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

**Wednesday, June 3 10 a.m.**

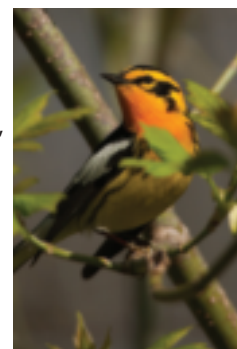
Cheektowaga Senior Center, 686-3930 to register

**Tuesday, June 9 2 p.m.**

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

## Watching the Warblers of Springtime

Spring is prime time for bird watching, with large numbers of each species passing through WNY 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, educator; naturalist with  
Buffalo Audubon Society**

**Tuesday, May 12 12:45 p.m.**

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

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

Cheektowaga Senior Center, 686-3930 to register



## Brainstorming

Be part of an interactive theater experience. You'll be invited to discuss the story at hand, including character struggles and possible resolutions. Presented by The Brainstormers, a local acting troupe.

**Artistic Coordinator: Keith Elkins, SUNY Distinguished Service Professor Emeritus, Empire State College**

### What Matters to Me:

A widow talks with the ghost of her late husband about the importance of talking with her loved ones about what matters most to her as she approaches the end of her life.

**Tuesday, June 30** **2 p.m.**

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

### Loved for Who I Am:

A woman living in a senior community comes out as gay.

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

Baptist Manor, 819-1820 to register

## Communication and Caregiving

As a caregiver, you may run into communication challenges – such as memory loss or power struggles.

As a care receiver, good communication with your medical team, friends, and family lets you express yourself, and helps others understand your limits and needs. It's not an easy job for either side of a caregiving relationship, but armed with some tools, you can make things a bit easier.

**Instructor: Marian Deutschman, Emeriti Professor of Communication, Buffalo State College**

**Tuesday, June 16** **2 p.m.**

Baptist Manor, 819-1820 to register

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

Clarence Senior Center, 633-5138 to register



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healthy tip

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 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.

## Everything You Always Wanted to Know about Old Books



Is a book valuable just because it's old? Learn basic collecting principles, including what makes a book rare and how it is valued. We'll also review the history of book manufacturing and discuss the place of physical books in our digital world. Several fine old books will be exhibited.

**Instructor: Robert M. Giannetti, owner of Bob's Olde Books in Lewiston**

**Tuesday, May 5** **2 p.m.**

Baptist Manor, 819-1820 to register

## Friendship in a Cyber Age

Aristotle argues that friendships require time and intimacy, and to truly know someone's finest qualities you must have close experiences and connections with them. Today's technologies, such as e-mail, texting, Facebook, Twitter, and others, have given us new ways of connecting and staying connected. Is it time to redefine the concept of friendship?

**Instructor: Timothy Madigan, Assistant Professor of Philosophy, St. John Fisher College**

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

Baptist Manor, 819-1820 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 about the adventures of a father and daughter who hiked through 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**

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

SCENE/Concord Town Hall, 592-7599 to register

## Intergenerational Relationships and Aging

We'll examine the unique characteristics and challenges of later life family relationships, including grandparents and grandchildren, aging parents and their adult children, and siblings. Relationships may be complicated by divorce and remarriage, or by the empty nest refilling because of an adult child's financial struggles. We'll also look at cultural, racial, and ethnic diversity in aging families.

**Instructor: Susan E. Mason, Professor of Psychology; Director, Gerontology Center, Niagara University**

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

## Life Reimagined

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

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

**Friday, May 8 1 p.m.**  
SCeNe/Concord Town Hall, 592-7599 to register

**Tuesday, June 23 2 p.m.**  
Ken-Ton Presbyterian Village, 874-6070 ext. 18 to register

## Making the Mind/Body Connection

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

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

**Wednesday, June 3 2 p.m.**  
Baptist Manor, 819-1820 to register

## Medicare is Not Covering My Medical Care – What Can I Do?

Medicare is good, basic medical insurance that covers a wide range of services, but sometimes you may find that coverage for what you need is not available. Learn how to figure out whether the Medicare limits are valid or not, read an Explanation of Benefits form, and appeal a denial of coverage.

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

**Friday, June 12 1:30 p.m.**  
Clarence Senior Center, 633-5138 to register

## The Pain of Dealing with Low Back Pain

Back pain is one of the most common medical problems, affecting 8 out of every 10 people. We will discuss the causes, symptoms, and diagnosis of low back pain. Join us as we discuss what does and does not work for the treatment of back injuries.



**Instructor: Julie Gross, Doctor of Chiropractic; Back Care Program Coordinator, BlueCross BlueShield of Western New York**

**Monday, June 22 10 a.m.**  
Cheektowaga Senior Center, 686-3930 to register

**Monday, June 22 1:30 p.m.**  
Clarence Senior Center, 633-5138 to register

## Physical Activity and Nutrition Education for Your Lifestyle

Are you confused by all the available information on activity and nutrition, or are you looking to set and achieve some goals? This class will teach you about the importance of staying active and maintaining a healthy diet. We'll talk about setting realistic goals, dismiss common healthy myths, and help get you on the road to success.



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

**Wednesday, June 10 10:30 a.m.**

Orchard Park Senior Center, 662-6452 to register

## Recognizing Depression

Studies show that half of all Americans will experience clinical depression in their lifetime. Are you worried about a family member or friend who may be depressed? Do you know someone who is dealing with a loss or grief? We'll review the causes, signs, symptoms, and treatment of depression.



**Instructor: Gregg Nuessle, licensed therapist, BlueCross BlueShield of Western New York**

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

SCENE/Concord Town Hall, 592-7599 to register

## Stock Market 101



People often make investment mistakes because they don't understand the market or because they act based on emotion. We'll review the basics of stocks, bonds, mutual funds, commodities, options, splits, and currencies. Learn about market volatility, and how it can be useful. We'll also discuss some principles of creating income from stock portfolios, and how one's values can influence investing decisions.

**Instructor: Jeffrey Goldfarb, certified financial planner**

**Tuesday, May 19 10 a.m.**

Cheektowaga Senior Center, 686-3930 to register

**Tuesday, May 19 12:45 p.m.**

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



## healthy tip

At least once a year, take all of your medications with you when you visit your doctor. Include prescription drugs, over-the-counter drugs, and any vitamins or herbal supplements you may take, in their original bottles. It is important to understand and discuss the proper way to take your medications with your doctor.

## 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  
 Clarence Senior Center • 4600 Thompson Road

Ken-Ton Presbyterian Village • 3735 Delaware Avenue  
 Orchard Park Senior Center • 70 Linwood Avenue  
 Springville Concord Elder Network (SCeNe)  
 Concord Town Hall • 86 Franklin Street

## Class Listings by Facility

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

Day	Date	Time	Topic
Tuesday	May 12	12:45 p.m.	Watching the Warblers of Springtime
Tuesday	May 19	12:45 p.m.	Stock Market 101
Wednesday	May 20	6:30 p.m.	Arthritis and Degenerative Disorders of the Hip
Thursday	May 21	11 a.m.	A Civil War Veteran's Struggle with Rebels, Brits, and Devils
Thursday	May 21	12:45 p.m.	The Louisiana Purchase
Wednesday	May 27	12:45 p.m.	Nippon Buzz: Headlines in Japan, 2015
Thursday	May 28	12:45 p.m.	Prosperity and Conflict: Buffalo 1844 -1867
Wednesday	June 3	12:45 p.m.	Great Presidential Portraits and the Artists who Painted Them
Thursday	June 4	12:45 p.m.	Alice in Wonderland
Wednesday	July 22	6:30 p.m.	A Whisper of Bones: Erie County Poorhouse Cemetery Project
Thursday	July 30	12:45 p.m.	Super Bugs and Super Drugs

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

Day	Date	Time	Topic
Tuesday	May 5	2 p.m.	Everything You Always Wanted to Know About Old Books
Wednesday	May 6	2 p.m.	Friendship in a Cyber Age
Tuesday	May 12	2 p.m.	Wit and Wisdom of E. E. Cummings
Monday	May 18	2 p.m.	Town Hall Meeting
Tuesday	May 19	2 p.m.	Haiku of Flowers
Wednesday	May 20	2 p.m.	Take Control of Your Diabetes
Friday	May 22	2 p.m.	1946 Montreal: Home to World's Greatest Sports Heroes
Wednesday	May 27	2 p.m.	Discovering Buffalo, One Street at a Time
Monday	June 1	2 p.m.	Butterflies and Moths
Wednesday	June 3	2 p.m.	Making the Mind/Body Connection
Monday	June 8	2 p.m.	Diversity in Islamic Schools of Thought
Wednesday	June 10	2 p.m.	Poetry of World War I
Friday	June 12	2 p.m.	Prosperity and Conflict: Buffalo 1844 -1867
Tuesday	June 16	2 p.m.	Communication and Caregiving
Thursday	June 18	2 p.m.	Rachel Carson: For Love of the Earth
Monday	June 22	2 p.m.	A Whisper of Bones: Erie County Poorhouse Cemetery Project
Thursday	July 9	2 p.m.	Brainstorming: Loved for Who I Am



## Class Listings by Facility

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

Day	Date	Time	Topic
Monday	April 20	8 p.m.	Turkey and Its Unstable Neighborhood
Tuesday	April 28	8 p.m.	Women Spies in U.S. History
Wednesday	April 29	8 p.m.	U.S. Voting Rights and Citizenship
Thursday	May 7	8 p.m.	John Steinbeck
Wednesday	May 13	8 p.m.	Wit and Wisdom of E. E. Cummings
Tuesday	May 19	8 p.m.	Great Presidential Portraits and the Artists who Painted Them
Monday	May 25	8 p.m.	The Many Faces of Marie Antoinette
Thursday	June 4	8 p.m.	Ukraine
Tuesday	June 9	8 p.m.	Buffalo's Waterfront: Past, Present, and Future
Wednesday	June 10	8 p.m.	Franklin and Eleanor
Monday	June 15	8 p.m.	A Whisper of Bones: Erie County Poorhouse Cemetery Project
Monday	June 22	8 p.m.	Diversity in Islamic Schools of Thought
Tuesday	June 23	8 p.m.	The Common Core and Education Reform
Tuesday	June 30	8 p.m.	Genetics of Alzheimer's Disease
Thursday	July 2	8 p.m.	Poetry of World War I

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

Day	Date	Time	Topic
Tuesday	May 5	1 p.m.	Erie County Fair: 175 Fairs of Tradition, Agriculture, and Excitement
Friday	May 8	10 a.m.	Edgar Allan Poe
Friday	May 8	1 p.m.	Interrogation or Torture?
Monday	May 11	10 a.m.	Buffalo's Waterfront: Past, Present, and Future
Tuesday	May 12	1 p.m.	Genetics of Alzheimer's Disease
Monday	May 18	1 p.m.	Life in a Beehive
Tuesday	May 19	10 a.m.	Stock Market 101
Tuesday	May 19	1 p.m.	Watching the Warblers of Springtime
Wednesday	May 20	1 p.m.	Discovering Buffalo, One Street at a Time
Thursday	May 21	10 a.m.	Microbiology and Food Safety
Wednesday	May 27	1 p.m.	A Whisper of Bones: Erie County Poorhouse Cemetery Project
Wednesday	June 3	10 a.m.	Understanding Pain and Neuropathy
Tuesday	June 16	10 a.m.	A Civil War Veteran's Struggle with Rebels, Brits, and Devils
Wednesday	June 17	1 p.m.	Butterflies and Moths
Thursday	June 18	10 a.m.	Arthritis and Degenerative Disorders of the Shoulder
Monday	June 22	10 a.m.	The Pain of Dealing with Low Back Pain
Thursday	June 25	10 a.m.	Personal Perspectives of Six U.S. Presidents

## Class Listings by Facility

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

Day	Date	Time	Topic
Friday	May 1	1:30 p.m.	Microbiology and Food Safety
Monday	May 4	1:30 p.m.	Genetics of Alzheimer's Disease
Tuesday	May 5	1:30 p.m.	Investigative Journalism
Thursday	May 7	1:30 p.m.	Great Presidential Portraits and the Artists who Painted Them
Monday	May 11	1:30 p.m.	A Whisper of Bones: Erie County Poorhouse Cemetery Project
Friday	May 15	1:30 p.m.	Interrogation or Torture?
Monday	May 18	1:30 p.m.	Blood and the Heart: Myth, Magic, and Reality
Tuesday	May 19	1:30 p.m.	The Louisiana Purchase
Friday	May 22	1:30 p.m.	Prosperity and Conflict: Buffalo 1844-1867
Tuesday	May 26	1:30 p.m.	Arthritis and Degenerative Disorders of the Hip and Knee
Friday	May 29	1:30 p.m.	Diversity in Islamic Schools of Thought
Monday	June 1	1:30 p.m.	Intergenerational Relationships and Aging
Tuesday	June 2	1:30 p.m.	Brownfield Redevelopment
Friday	June 5	1:30 p.m.	Super Bugs and Super Drugs
Monday	June 8	1:30 p.m.	Buffalo's Waterfront: Past, Present, and Future
Wednesday	June 10	1:30 p.m.	Personal Perspectives of Six U.S. Presidents
Friday	June 12	1:30 p.m.	Medicare is Not Covering My Medical Care – What Can I Do?
Monday	June 15	1:30 p.m.	Arthritis and Degenerative Disorders of the Shoulder
Friday	June 19	1:30 p.m.	Communication and Caregiving
Monday	June 22	1:30 p.m.	The Pain of Dealing with Low Back Pain
Tuesday	June 23	1:30 p.m.	Arthritis and Degenerative Disorders of the Hand
Wednesday	July 1	1:30 p.m.	The Art and Social Vision of Frank Lloyd Wright

### KEN-TON PRESBYTERIAN VILLAGE • 3735 DELAWARE AVENUE REGISTER AT 874-6070 EXT. 18

Day	Date	Time	Topic
Tuesday	April 28	2 p.m.	Women Spies in U.S. History
Tuesday	May 5	2 p.m.	A Civil War Veteran's Struggle with Rebels, Brits, and Devils
Tuesday	May 12	2 p.m.	Buffalo's Canal District: The Very Nostrils of Hell
Tuesday	June 2	6:30 p.m.	Maya Angelou's Life and Works
Tuesday	June 9	2 p.m.	Understanding Pain and Neuropathy
Tuesday	June 16	6:30 p.m.	A Whisper of Bones: Erie County Poorhouse Cemetery Project
Tuesday	June 23	2 p.m.	Life Reimagined
Tuesday	June 30	2 p.m.	Brainstorming: What Matters to Me

## Class Listings by Facility

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

Day	Date	Time	Topic
Monday	April 27	1 p.m.	A Civil War Veteran's Struggle with Rebels, Brits, and Devils
Friday	May 1	1 p.m.	Mustelids: The Weasel Family
Monday	May 4	1 p.m.	Brownfield Redevelopment
Tuesday	May 5	1 p.m.	Life in a Beehive
Thursday	May 7	1 p.m.	Poetry of World War I
Thursday	May 7	3 p.m.	Interrogation or Torture?
Monday	May 11	1 p.m.	Buffalo's Waterfront: Past, Present, and Future
Tuesday	May 12	1 p.m.	Turkey and Its Unstable Neighborhood
Thursday	May 14	1 p.m.	Mary Cassatt
Friday	May 15	1 p.m.	The Common Core and Education Reform
Monday	May 18	1 p.m.	A Whisper of Bones: Erie County Poorhouse Cemetery Project
Thursday	May 21	1 p.m.	Take Control of Your Diabetes
Friday	May 29	1 p.m.	Rachel Carson: For Love of the Earth
Monday	June 1	1 p.m.	The Guaranty Building
Tuesday	June 2	1 p.m.	Blood and the Heart: Myth, Magic, and Reality
Monday	June 8	1 p.m.	Buffalo's Canal District: The Very Nostrils of Hell
Tuesday	June 9	1 p.m.	Diversity in Islamic Schools of Thought
Wednesday	June 10	10:30 a.m.	Physical Activity and Nutrition Education for Your Lifestyle
Monday	June 15	1 p.m.	The Meaning Behind the Words: Poetry of Robert Frost
Tuesday	June 16	1 p.m.	Haiku of Flowers
Wednesday	June 17	10:30 a.m.	Arthritis and Degenerative Disorders of the Knee
Friday	June 26	1 p.m.	Personal Perspectives of Six U.S. Presidents
Tuesday	June 30	1 p.m.	Presidential Portraits and the Artists who Painted Them

### SPRINGVILLE CONCORD ELDER NETWORK (SCENE) CONCORD TOWN HALL • 86 FRANKLIN STREET REGISTER AT 592-7599

Day	Date	Time	Topic
Friday	April 24	1 p.m.	Recognizing Depression
Friday	May 1	1 p.m.	Hiking the Appalachian Trail
Friday	May 8	1 p.m.	Life Reimagined
Friday	May 15	1 p.m.	The Erie County Fair: 175 Fairs of Tradition, Agriculture, and Excitement
Friday	May 22	1 p.m.	Maya Angelou's Life and Works

Retired & Senior Volunteer Program  
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95 Franklin Street, 13th Floor  
Buffalo, NY 14202

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