

UNIVERSITY EXPRESS



SPRING
2014

FREE LIFELONG LEARNING
FOR ADULTS AGE 55+



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



UNIVERSITY EXPRESS IS BROUGHT TO YOU THROUGH A COLLABORATION OF:

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370 JOHN J. AUDUBON PKWY.
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BAPTIST MANOR
276 LINWOOD AVE.
BUFFALO
819-1820

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705 RENAISSANCE DR.
WILLIAMSVILLE
929-5823

CHEEKTOWAGA SENIOR CENTER
3349 BROADWAY
686-3930

CLARENCE SENIOR CENTER
4600 THOMPSON RD.
633-5138

ORCHARD PARK SENIOR CENTER
70 LINWOOD AVE.
662-6452

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ELDER NETWORK (SCENE)
CONCORD TOWN HALL
86 FRANKLIN
592-7599



ERIE COUNTY DEPARTMENT
OF SENIOR SERVICES

RSVP
RETIRED & SENIOR
VOLUNTEER PROGRAM



BlueCross BlueShield
of Western New York

Welcome to our new format and new sponsor

To serve you better, we've redesigned our course catalog and included helpful information for you from our new sponsor, BlueCross BlueShield of Western New York.

We hope you'll find our course catalog more informative and easier to navigate.

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

All classes are free, but you must register in order to attend.

We welcome your feedback and look forward to offering you more exciting classes and topics in our future sessions.

Pat Dowling

Patricia Dowling
RSVP Director



Turning 65? Get a free copy of *Your Guide to Medicare.*



Call us at 1-800-248-9296 (TTY 1-877-286-5710)
Between 8 a.m. and 8 p.m., Monday - Friday
or visit our website www.bcbswny.com/medicarekit

there's security in
BLUE  

BlueCross BlueShield of Western New York is a Medicare Advantage plan with a Medicare contract and enrollment depends on contract renewal. A division of HealthNow New York Inc., an independent licensee of the BlueCross BlueShield Association.

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Drones, Counterterrorism Policy and the Future of Warfare

Drones play an increasing role in U.S. military and intelligence agencies' border enforcement. Drones changed the nature of warfare while raising important legal and ethical issues about their use. Who takes responsibility for the actions of an unmanned vehicle in terms of civilian casualties? Will the "risk-free" nature of this type of warfare lower the threshold for the decision to use lethal force?

Instructor: Julia Hall, Attorney, Counterterrorism/ Human Rights Expert, Amnesty International

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

Tuesday, July 22 12:45 p.m.
Amherst Senior Center, 636-3059 to register

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Health Care Reform – What to Know

Stay up to date on the Affordable Care Act and how it affects you and others in your community. In January 2014, most of the major provisions of the health reform law went into effect, including the requirement that most people have coverage, the health insurance exchanges, and federal financial help to purchase coverage. We'll include time to answer your questions.

Presenter: Don Ingalls, Vice President, State and Federal Relations, BlueCross BlueShield of Western New York

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

Thursday, May 22 1 p.m.
Orchard Park Senior Center, 662-6452 to register

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The Hidden Victims of Human Trafficking

Human trafficking is a modern day form of slavery where victims are forced, defrauded, or coerced into labor or sexual exploitation. Human trafficking is often a hidden crime because victims may be afraid to come forward and get help. Western New York has numerous risk factors for human trafficking, including border crossings, large urban centers and vast rural areas, and transient populations. Learn more about this crime and the laws affecting foreign-born victims of human trafficking.

Instructor: Sophie Feal, Supervising Immigration Attorney, Volunteer Lawyers Project

Thursday, May 22 3 p.m.
Orchard Park Senior Center, 662-6452 to register

Friday, June 6 12:45 p.m.
Amherst Senior Center, 636-3059 to register

Wednesday, June 11 1:30 p.m.
Clarence Senior Center, 633-5138 to register

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

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

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RSVP

RETIRED & SENIOR
VOLUNTEER PROGRAM

858-7548

Expand your horizons

Looking to help others and share what you know?

Join our **Retired & Senior Volunteer Program (RSVP)**.

We offer adults age 55+ opportunities to volunteer throughout the community, 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.

Labor Unions: Yesterday, Today, Tomorrow

Unions began forming in the mid-19th century in response to poor social and economic working conditions during the industrial revolution. Private sector union membership peaked at around 35% in the 1950s, and fell to 6.6% last year, its lowest level since 1916. Why is unionization declining in the U.S.? What is the role of globalization, the decline of manufacturing, the increase of the service sector, and the increase in right to work laws? Is collective bargaining still effective in safeguarding worker rights, or does it place too many restrictions on the rights of a business owner?

Instructor: William Daniels, Vice President of Civil Service Employees Association (CSEA), Erie Unit, Downtown Section

Tuesday, April 22 **1 p.m.**
Orchard Park Senior Center, 662-6452 to register

Monday, May 12 **10 a.m.**
Cheektowaga Senior Center, 686-3930 to register

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

Latin America

In past decades, Latin America has undergone remarkable change – much of it positive. In a part of the world long defined by political instability and crushing poverty, we are seeing the development of a new middle class, the consolidation of democracy, the spread of effective fiscal and social policies, and the rise of new global powers. While Americans tend to view the region solely in terms of problems to be solved, our Latin American neighbors often see us as paternalistic. What lies ahead for U.S.- Latin America relations in the coming decade?

Instructor: Paola Fajardo-Heyward, Department of Political Science, Canisius College

Wednesday, June 11 **12:45 p.m.**
Amherst Senior Center, 636-3059 to register

Restorative Justice: Healing Harm, Restoring Communities

Restorative Justice is an emerging set of strategies and interventions that address conflict by working with the people involved in a conflict to arrive at a solution that meets the needs of everyone involved. It focuses on direct, respectful communication between people in conflict and has been used in institutions across the United States and the world. How can this new paradigm be used to address conflict, reduce crime, and improve the quality of life throughout our community?

Instructor: Ashley Westbrook, Attorney, Legal Aid Bureau of Buffalo, EC Restorative Justice Coalition

Thursday, June 5 **1 p.m.**
Orchard Park Senior Center, 662-6452 to register

Saudi Arabia and Iran: The Middle East Cold War

Iran and Saudi Arabia are involved in a series of seemingly intractable disputes threatening to destabilize the entire region, including the conflict in Syria. These two powers in the Persian Gulf have a long history of tense relations, stemming from money, power, and religion. Saudi Arabia is dominated by Sunni Islam, while Iran is a Shia Muslim power. The U.S. and Saudi Arabia have long been allies, but the relationship is strained over U.S. policy on Iran’s nuclear program and the civil war in Syria.

Instructor: Faizan Haq, Asian Studies, State University of New York at Buffalo

Friday, May 9 **3 p.m.**
Baptist Manor, 819-1820 to register

Tuesday, May 20 **3 p.m.**
Orchard Park Senior Center, 662-6452 to register



healthy tip

Thirty minutes of physical activity a day will improve your health and quality of life. Dancing, housework, bicycling, gardening – and of course walking – are great ways to keep active.

CURRENT AFFAIRS

Turkey: The Muslim Tiger

With growing influence in Middle Eastern affairs from the stabilization of Iraq and Afghanistan, to Lebanon's troubled politics, Iran's nuclear ambitions, and the Syrian conflict, Turkey is now recognized globally as an economic force and a Muslim power. Turkey has changed from an economically disadvantaged secular state into the first large Muslim nation with a middle-class majority. Will Turkey become the first Muslim nation in the European Union? What lessons may be learned about Islam's role in 21st century international politics? Will Turkey overcome its domestic political challenges?

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

Friday, May 23 1:30 p.m.

Clarence Senior Center, 633-5138 to register

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U.S.-Russia Relations

The Iran nuclear deal, the Syrian chemical weapons agreement, and Geneva II are partly the result of increased diplomatic traffic between Moscow and Washington. What are Russia's interests and allies in the Middle East, and how compatible are these with U.S. interests? What might be the role of Russia in trying to find political solutions to a host of issues from the civil war in Syria to Iran's nuclear issue to post-American Afghanistan?

Instructor: Phillip Arena, Assistant Professor, International Politics, State University of New York at Buffalo

Wednesday, June 11 8 p.m.

Canterbury Woods, 929-5823 to register

Thursday, August 7 12:45 p.m.

Amherst Senior Center, 636-3059 to register

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HISTORY

The American Arts and Crafts Movement

Starting in 1900, the Arts and Crafts Movement, or "mission-style," gained popularity. More than a decorative style, it was a philosophy, an ethos, a way of living, and an enormous business. Artists and manufacturers of furniture, ceramics, metal, lighting, textiles, and jewelry found like-minded creators throughout the country, including a few in New York State. Learn about Gustav and L & JG Stickley in Syracuse, Roycroft in East Aurora, Charles Stickley in Binghamton, and how their superb craftsmanship exemplified the movement's philosophy. Sponsored by the NY State Council for the Humanities.

Instructor: Bruce Austin, Professor, Department of Communication, Rochester Institute of Technology

Friday, May 16 10 a.m.

Clarence Senior Center, 633-5138 to register

Friday, May 16 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

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Bell Aerospace After Larry Bell

Bell Aerospace had financial difficulties after Lawrence Bell died in 1956. Purchased by Textron in 1960, the company played a huge role in NASA's mission to land men on the moon during the next decade. The plant manufactured key components of NASA's Apollo project, including the Lunar Module ascent engine, the Lunar Landing Research Vehicle, and the Lunar Landing Training Vehicle, dubbed "The Flying Bedstead" by Apollo astronauts.



Instructor: Hugh Neeson, former Vice-President of Bell Aerospace Co.; Director, Niagara Aerospace Museum

Monday, May 5 1:30 p.m.

Clarence Senior Center, 633-5138 to register

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African Americans and the Civil War

Learn about African-Americans who fought in the war and what they went through to prove themselves to fellow soldiers and officers. Hear about the heroic 54th Massachusetts Regiment, the first military unit of black soldiers to be raised in the North during the Civil War.

Instructor: Eva Doyle, retired Buffalo Public Schools teacher, local historian

Tuesday, May 13 10:30 a.m.
Cheektowaga Senior Center, 686-3930 to register

Thursday, May 22 2 p.m.
Baptist Manor, 819-1820 to register



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

Toward the end of the 19th Century, the Christian Homestead Association gave Buffalo's notorious Canal District this vivid description. It was well past its prime, and known as one of the toughest waterfronts and bawdiest red light districts in the world. Today, the city and WNY community is converting "the infected district" into Canalside, a heritage-themed family entertainment zone. Explore its heritage as a rough waterfront and then as Buffalo's "Little Italy."


Instructor: Mike Vogel, an author of "America's Crossroads"

Thursday, May 8 2 p.m.
Baptist Manor, 819-1820 to register

Wednesday, May 28 8 p.m.
Canterbury Woods, 929-5823 to register

Thursday, May 29 1:30 p.m.
Clarence Senior Center, 633-5138 to register





healthy tip

Drinking water is important. While the general rule of thumb is to drink eight eight-ounce glasses per day, here are some more suggestions:

- Have a glass of water with each meal and between meals
- Hydrate before, during, and after exercise
- Substitute sparkling water for alcoholic beverages



Celtic Christianity Monasteries: Preserving Light and Learning through the Dark Ages

In Europe's "dark ages," Celtic Christian monasteries served as flourishing centers of scholarship. Despite the constant threat of war, towering figures such as St. Patrick, St. Columba, and St. Aiden kept learning and culture alive for people in nearby villages. Today, the work of those early monasteries closely parallels the work of organizations involved in rebuilding Buffalo.

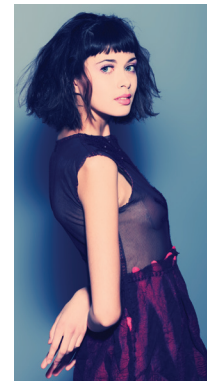
Instructor: John McClive, retired business owner and Executive Director of Buffalo Rotary Club

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



The Evolution of French Fashion

Learn a short history of French fashion from the Second Empire to the present day, with an emphasis on major designers such as Coco Chanel, and how French fashion has played a major role on the world stage, including cinema, television, and the work environment.



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

Thursday, May 8 1 p.m.
Orchard Park Senior Center, 662-6452 to register

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



Hard Times in Western New York – 1812-1844

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

Instructor: Tim Shannon, local author and educator

Tuesday, May 6 **8 p.m.**

Canterbury Woods, 929-5823 to register

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

Orchard Park Senior Center, 662-6452 to register

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

Cheektowaga Senior Center, 686-3930 to register

Friday, June 27 **2 p.m.**

Baptist Manor, 819-1820 to register



Light in the Darkness

For thousands of years, from fire baskets to high-tech optics, lighthouses have offered guidance and comfort to sailors. We’ll look at lighthouse history, types, technology and uses from antiquity to the present day. Learn about modern-day efforts to preserve these icons of our maritime past, and take a close look at the lighthouses of Buffalo Harbor.

Instructor: Mike Vogel, lighthouse keeper; Founding President of Buffalo Lighthouse Association.; retired Buffalo News editor

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

Cheektowaga Senior Center, 686-3930 to register

Monday, May 5 **3 p.m.**

Orchard Park Senior Center, 662-6452 to register

Tuesday, June 3 **8 p.m.**

Canterbury Woods, 929-5823 to register

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

Based on the newly published book of the same name, this class describes Mark Twain’s transformative period in Buffalo between 1869 and 1871. This includes his professional experiences as co-owner and managing editor of The Buffalo Morning Express and his domestic life as a new husband and father living in a splendid mansion on prestigious Delaware Street. The talk is illustrated with archival images of Twain, his family and friends, and late 19th-century Buffalo scenes.

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

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

Cheektowaga Senior Center, 686-3930 to register

Wednesday, May 14 **2 p.m.**

Baptist Manor, 819-1820 to register

The United Nations on the Niagara River

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

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

Wednesday, April 30 **1 p.m.**

Cheektowaga Senior Center, 686-3930 to register

Wednesday, May 14 **8 p.m.**

Canterbury Woods, 929-5823 to register

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

Orchard Park Senior Center, 662-6452 to register

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

Clarence Senior Center, 633-5138 to register



Go green! Add this season’s fresh veggies to your diet. Try grilled asparagus, arugula, garlic scapes, spring peas, and greens.

HISTORY

Warp of Evil, Weft of Beauty: Nazi Germany during the 1930s

Hear the story of the U.S. ambassador to Germany from 1933 to 1937 and his courage in standing up to Nazi leadership in the few ways he could at that time. Based on the bestseller *In the Garden of Beasts*.

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

Wednesday, June 4 12:45 p.m.

Amherst Senior Center, 636-3059 to register

Thursday, June 5 8 p.m.

Canterbury Woods, 929-5823 to register

Monday, June 9 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Wednesday, June 11 2 p.m.

Baptist Manor, 819-1820 to register

Thursday, June 19 1 p.m.

Orchard Park Senior Center, 662-6452 to register

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Women of the Roycroft

In the early 1900s, women working at the Inn made significant contributions to its success. Their involvement was based on skill and aptitude, not gender. We'll discuss such luminaries as Alice Moore Hubbard, Susan B. Anthony, Clara Barton, Ella Wheeler Wilcox, and Harriet Beecher Stowe.

Instructor: Linda Ulrich-Hagner, Roycroft docent, Chautauquan and educator

Thursday, May 8 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Tuesday, May 20 8 p.m.

Canterbury Woods, 929-5823 to register

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HUMANITIES

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

Learn about the literary references, political background, and other English influences that most people never imagined 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

Friday, May 16 1 p.m.

SCENE/Concord Town Hall, 592-7599 to register

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Charles Dickens

Dickens' name conjures up visions of plum pudding and Christmas punch, quaint coaching inns and cozy firesides, but also of orphaned and starving children, misers, murderers, and abusive schoolmasters. Dickens was 19th century London personified, he survived mean streets as a child and, largely self-educated, possessed the genius to become the greatest writer of his age.

Instructor: Linda Drajem, retired English instructor, Buffalo State College

Monday, June 2 2 p.m.

Baptist Manor, 819-1820 to register

Edgar Degas

Edgar Degas was a 19th century French realist, independent, and Impressionist (only by others' descriptions). His varied media and style, including images of dancers and horse racing, showed a perspective which was unusual for its time.

Instructor: Jean Serusa, certified New York State art educator; Burchfield-Penney docent

Wednesday, August 13 12:45 p.m.

Amherst Senior Center, 636-3059 to register

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Emily Dickinson

Emily Dickinson was a recluse whose passionate friendships were carried out largely by correspondence. Despite writing almost 1,800 poems in her life, very few were published until after her death in 1886. The themes of her poems center around life, nature, love, time, and eternity.

Instructor: Linda Drajem, retired English instructor, Buffalo State College

Tuesday, May 20 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

Thursday, May 22 8 p.m.

Canterbury Woods, 929-5823 to register

Tuesday, June 3 1 p.m.

Orchard Park Senior Center, 662-6452 to register

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Ernest Hemingway

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

Instructor: Jim Banko, retired English teacher

Thursday, May 15 1 p.m.

Orchard Park Senior Center, 662-6452 to register

Friday, June 6 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Wednesday, June 11 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

Thursday, June 26 2 p.m.

Baptist Manor, 819-1820 to register

The Hero and Heroine in American Literature

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

Instructor: Robert Butler, Professor of English, Canisius College

Monday, June 23 12:45 p.m.

Amherst Senior Center, 636-3059 to register

Mormonism

The Church of Jesus Christ of Latter-day Saints was founded in 1830 in upstate New York and has since become one of the fastest-growing religious traditions in the world. Mormons believe their founder and first prophet Joseph Smith received the revelations that are contained in The Book of Mormon. Many Americans know little about the religion, and what they do know is often a caricature of the faith.

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

Monday, June 2 1 p.m.

Orchard Park Senior Center, 662-6452 to register

Tuesday, June 10 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

20th Century Americana: Norman Rockwell and Grant Wood

Gain insight into the times that produced Grant Wood's iconic "American Gothic" and Norman Rockwell's magazine illustrations for the Saturday Evening Post, which depicted everyday life in mid-America with humor and insight. Realism, regionalism, and reminiscence of the times and places these artists knew best – all may not be what you see, or thought it was!

Instructor: Jean Serusa, certified New York State art educator; Burchfield-Penney docent

Wednesday, May 21 2 p.m.

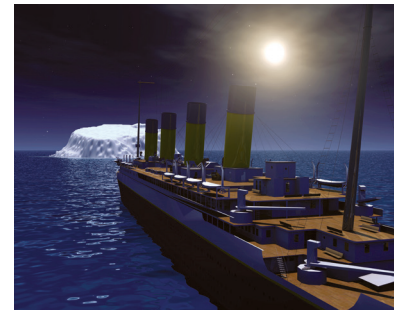
Baptist Manor, 819-1820 to register

Wednesday, June 18 8 p.m.

Canterbury Woods, 929-5823 to register

Women and Children First: Ethical Dilemmas and the Titanic

Since the Titanic sank in April 1912, this tragedy has been addressed in books and films. Much less explored are the moral dilemmas raised. What lessons can be learned from



the sinking? Was the owner of the ship culpable for its sinking? Should the captain and crew have gone down with the ship? What was the reason behind the order "women and children first?" Were first-class passengers given preferential treatment over others? Should this sad tragedy be the basis of films and musicals? Sponsored by New York Council for the Humanities.

Facilitator: Timothy Madigan, Assistant Professor of Philosophy and Director of the Irish Studies Program, St. John Fisher College

Monday, July 7 1:30 p.m.

Clarence Senior Center, 633-5138 to register

Monday, July 28 12:45 p.m.

Amherst Senior Center, 636-3059 to register

Better Than Ever: Mind, Body, and Spirit

This class empowers women to take charge of their health and well-being in a fun and interactive format. Embrace the changes in your life and learn to harness the power of a positive attitude! Wear comfortable clothing and shoes if you'd like to participate in some gentle exercises. Brought to you by BlueCross BlueShield of Western New York.

Instructor: Mary Anne Cappellino, nationally recognized motivational speaker and fitness expert

Tuesday, June 3 **1 p.m.**
Cheektowaga Senior Center, 686-3930 to register

Thursday, June 19 **2 p.m.**
Baptist Manor, 819-1820 to register

Body Language:

What is Your Body Saying to Others?

We send more messages non-verbally than verbally through our bodily movements, posture, and facial expressions. Non-verbal signals are being exchanged whether they are accompanied by spoken words or not. Body language is important to all aspects of work and business and in interactions with friends, families and parenting. When meeting someone for the first time, the movement, focus, and expression of our eyes contribute to first impressions and mutual assessment and understanding.



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

Monday, May 5 **1 p.m.**
Orchard Park Senior Center, 662-6452 to register

Wednesday, June 4 **1 p.m.**
Cheektowaga Senior Center, 686-3930 to register

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

Brainstorming

Be part of an interactive theater experience! Brainstormers is a local acting troupe that presents vignettes about difficult life issues, and then invites audience members to discuss the story, character struggles, and possible resolutions.

Brainstorming: Power Up!

Retired superheroes living in a senior residence acquire personal power through volunteering.

Friday, April 25 **1 p.m.**
SCENe/Concord Town Hall, 592-7599 to register

Brainstorming: To Drive or Not to Drive

When does one become too old to drive a car? Who should make the decision, and on what basis? What are the consequences of giving up the keys?

Wednesday, June 18 **1 p.m.**
Cheektowaga Senior Center, 686-3930 to register


Brainstorming: What Matters to Me

A couple engages each other in the conversation that too few of us have with family members and friends: what really matters to us, especially at the end of our lives. It's not a conversation about advance directives. It's an open and honest conversation that comes before that one.

Wednesday, May 21 **10 a.m.**
Cheektowaga Senior Center, 686-3930 to register

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

Monday, July 14 **1:30 p.m.**
Clarence Senior Center, 633-5138 to register



healthy tip

Stress is a part of life, but if it becomes chronic it can cause many health issues.

To help reduce stress:

- Exercise regularly - your body can fight stress better when it is fit
- Practice relaxation techniques such as meditation, yoga, or tai-chi
- Eat healthy, well-balanced meals
- Get enough sleep
- Set limits for yourself and learn to say no

Fit and Lean in 2014: Promoting a Healthy Lifestyle through Nutrition and Exercise

Balancing physical activity and a nutritious diet is your best recipe for health and fitness. Eating right doesn't have to be complicated. We'll go back to the basics to learn how food works for (or against!) your body and how even small changes in food choices and your activity level can make a big difference. We'll also talk about a new initiative offered through Erie County Senior Services Nutrition Department to teach and motivate older adults to achieve better health.

Instructor: Nikki Kmicinski, R.D., consulting dietitian, Erie County Senior Services

Monday, June 9 10 a.m.

Cheektowaga Senior Center, 686-3930 to register



The Hospice Movement: Historic Perspectives and Modern Day Advances

Hear the story of how the Hospice movement began in England, then spread to the U.S. and throughout the world. Learn about the New York State Palliative Care Information Act of 2011, as well as the Medicare Hospice Benefit. How is palliative care different from traditional medical care?

Instructor: Mary E. Walls, Community Relations Specialist, The Center for Hospice and Palliative Care

Tuesday, June 10 1:30 p.m.

Clarence Senior Center, 633-5138 to register



Intergenerational Relations 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 in later life, 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, Ph.D., Professor Of Psychology; Director, Gerontology Center, Niagara University

Thursday, June 12 1 p.m.

Orchard Park Senior Center, 662-6452 to register



Keeping Yourself Safe and Scam Free

Many older people fear crime, and that fear causes many to remain in their homes. Don't let the fear of crime stop you from enjoying life! We'll discuss some things that you can do to avoid crime and stay safe in your home, on the street, and with your money. We'll talk about common scams involving health insurance, prescription drugs, funeral and cemetery arrangements, anti-aging products, telemarketing, the internet, and investment schemes so that you won't become a victim of fraud.

Instructor: Joseph Chudoba, Domestic Violence Advocate, Erie County Sheriff's Office

Friday, May 2 1 p.m.

SCENE/Concord Town Hall, 592-7599 to register



Men's Health

Learn more about the health risks facing men today, including lifestyle choices that reduce risk factors and improve health. We'll also discuss preventive care measures and screening tests that are recommended to stay healthy. Brought to you by BlueCross BlueShield of Western New York.

Presenter: Tom Haney, Tom Haney Consulting and Coaching

Tuesday, June 10 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Tuesday, June 17 2 p.m.

Baptist Manor, 819-1820 to register



Say What?! Communicating Across Generation Gaps

Younger people often connect and share personal information instantly, anytime, and anywhere via mobile formats, small screens, and social media channels. Older generations aim for the comfort of more traditional communication. Do differences in styles of learning, working, and messaging influence our ability to communicate across generations? When there are three, four, or five generations in the workplace, are these differences causing miscommunication and misunderstandings?

Instructor: Marian Deutschman, Professor of Emeritus Communications, SUNY Buffalo State

Friday, May 9 1 p.m.

SCENE/Concord Town Hall, 592-7599 to register



Bats

Bats are fascinating animals, and the only true flying mammal! There are more than 1,100 species of bats in the world, accounting for around 20% of all mammal species worldwide. Learn the myths and facts about bats, including local bat species and their unique habits and lifestyles.

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

Friday, April 25 **1 p.m.**

Orchard Park Senior Center, 662-6452 to register

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Bones, Skeletal System and Its Development

The adult human skeletal system consists of 206 bones, as well as a network of tendons, ligaments, and cartilage that connects them. The skeletal system performs vital functions that enable us to move through our daily lives. Bone formation begins during prenatal development and continues throughout adulthood. The processes of bone deposition and resorption continuously remodel bones throughout life so that most of the adult skeleton is replaced about every 10 years.

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

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

Cheektowaga Senior Center, 686-3930 to register

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Evolution

A visit to the Galapagos Islands in 1835 helped Darwin formulate his ideas on natural selection. Darwin's book *On Origin of Species*, created significant controversy from scientific, religious, and philosophical viewpoints that continues even today. Darwin's theory of evolution by natural selection is one of the best substantiated theories in the history of science, supported by evidence from paleontology, geology, genetics, and developmental biology.

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

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

Clarence Senior Center, 633-5138 to register

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

Orchard Park Senior Center, 662-6452 to register

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Healthy Aging and Brain Matters

Mental decline as you age appears to be largely due to altered connections among brain cells. But research has found that keeping the brain active seems to increase its vitality and may build its reserves of brain cells and connections. You could even generate new brain cells. We'll look at how diet, exercise, intellectual stimulation, stress, and other factors may play a role in keeping the brain active and alert.

Instructor: Jessica Englert, clinical neuropsychologist, DeGraff Memorial Hospital

Wednesday, July 16 **6:30 p.m.**

Amherst Senior Center, 636-3059 to register

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Understanding Pain and Neuropathy

Pain has a great impact on one'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, SUNY at Buffalo Medical School, Department Of Neurology

Tuesday, May 6 **1 p.m.**

Orchard Park Senior Center, 662-6452 to register

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

Canterbury Woods, 929-5823 to register

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Watching the Warblers of Spring

Spring is a prime season for bird watching, with large numbers of different species passing through in the brief space of a few weeks. Many birds, including warblers, are easy to identify in their brightly colored breeding plumage. Males sing with increasing frequency as they approach their breeding grounds. Learn tips to find these jewels of migration, such as Blackburnian Warblers, Cape May Warblers, and Townsend's Warblers. Images will illustrate diagnostic field marks.

Instructor: Tom Kerr, Audubon naturalist and educator

Tuesday, May 13 **9:30 a.m.**

Orchard Park Senior Center, 662-6452 to register

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Class Listings by Facility

AMHERST SENIOR CENTER • REGISTER AT 636-3059

Day	Date	Time	Topic
Wednesday	June 4	12:45 p.m.	Warp of Evil, Weft of Beauty: Nazi Germany during the 1930s
Friday	June 6	12:45 p.m.	Human Trafficking
Wednesday	June 11	12:45 p.m.	Latin America
Monday	June 23	12:45 p.m.	Hero and Heroine in American Literature
Wednesday	July 16	6:30 p.m.	Healthy Aging and Brain Matters
Tuesday	July 22	12:45 p.m.	Drones
Monday	July 28	12:45 p.m.	Titanic
Thursday	August 7	12:45 p.m.	US- Russia Relations
Wednesday	August 13	12:45 p.m.	Edgar Degas

BAPTIST MANOR • REGISTER AT 819-1820

Day	Date	Time	Topic
Thursday	May 8	2 p.m.	Buffalo's Canal District: The Very Nostrils of Hell
Friday	May 9	3 p.m.	Saudi Arabia and Iran
Wednesday	May 14	2 p.m.	Scribblin' for a Livin': Mark Twain
Monday	May 19	2 p.m.	Celtic Christian Monasteries
Wednesday	May 21	2 p.m.	Americana: Norman Rockwell and Grant Wood
Thursday	May 22	2 p.m.	African Americans and the Civil War
Tuesday	May 27	2 p.m.	Evolution of French Fashion
Monday	June 2	2 p.m.	Charles Dickens
Tuesday	June 10	2 p.m.	Body Language
Wednesday	June 11	2 p.m.	Warp of Evil, Weft of Beauty: Nazi Germany
Tuesday	June 17	2 p.m.	Men's Health
Thursday	June 19	2 p.m.	Better than Ever: Mind, Body, and Spirit
Wednesday	June 25	2 p.m.	Human Trafficking
Thursday	June 26	2 p.m.	Ernest Hemingway
Friday	June 27	2 p.m.	Hard Times in Early WNY
Wednesday	July 2	2 p.m.	Brainstorming: What Matters to Me

SCENE / CONCORD TOWN HALL • REGISTER AT 592-7599

Day	Date	Time	Topic
Friday	April 25	1 p.m.	Brainstorming: Power Up!
Friday	May 2	1 p.m.	Keep Safe and Scam-Free
Friday	May 9	1 p.m.	Say What? Communicating across Generations
Friday	May 16	1 p.m.	Alice in Wonderland

Class Listings by Facility

CANTERBURY WOODS • REGISTER AT 929-5823			
Day	Date	Time	Topic
Tuesday	May 6	8 p.m.	Hard Times in Early WNY
Tuesday	May 13	8 p.m.	Understanding Pain and Neuropathy
Wednesday	May 14	8 p.m.	UN on the Niagara River
Tuesday	May 20	8 p.m.	Women of the Roycroft
Thursday	May 22	8 p.m.	Emily Dickinson
Wednesday	May 28	8 p.m.	Buffalo's Canal District: The Very Nostrils of Hell
Tuesday	June 3	8 p.m.	Light in the Darkness
Thursday	June 5	8 p.m.	Warp of Evil, Weft of Beauty: Nazi Germany during the 1930s
Tuesday	June 10	8 p.m.	Labor Unions
Wednesday	June 11	8 p.m.	US Russia Relations
Monday	June 16	8 p.m.	Human Trafficking
Wednesday	June 18	8 p.m.	Americana: Norman Rockwell and Grant Wood

CHEEKTOWAGA SENIOR CENTER • REGISTER AT 686-3930			
Day	Date	Time	Topic
Tuesday	April 29	1 p.m.	Light in the Darkness
Wednesday	April 30	1 p.m.	UN on the Niagara River
Thursday	May 8	10 a.m.	Women of the Roycroft
Friday	May 9	1 p.m.	Scribblin' for a Livin': Mark Twain
Monday	May 12	10 a.m.	Labor Unions
Tuesday	May 13	10:30 a.m.	African Americans and the Civil War
Tuesday	May 20	1 p.m.	Emily Dickinson
Wednesday	May 21	10 a.m.	Brainstorming: What Matters To Me
Wednesday	May 21	1 p.m.	Hard Times in Early WNY
Tuesday	June 3	1 p.m.	Better than Ever: Mind, Body, and Spirit
Wednesday	June 4	1 p.m.	Body Language
Monday	June 9	10 a.m.	Fit and Lean in 2014: Promoting a Healthy Lifestyle through Nutrition and Exercise
Tuesday	June 10	10 a.m.	Men's Health
Tuesday	June 10	1 p.m.	Mormonism
Wednesday	June 11	1 p.m.	Ernest Hemingway
Tuesday	June 17	1 p.m.	Bone, the Skeletal System and its Development
Wednesday	June 18	1 p.m.	Brainstorming: To Drive or Not to Drive

Class Listings by Facility

CLARENCE SENIOR CENTER • REGISTER AT 633-5138

Day	Date	Time	Topic
Monday	May 5	1:30 p.m.	Bell Aircraft after Larry Bell
Friday	May 9	1:30 p.m.	Health Care Reform
Friday	May 16	10 a.m.	American Arts and Crafts Movement
Monday	May 19	1:30 p.m.	Evolution
Friday	May 23	1:30 p.m.	Turkey: The Muslim Tiger
Thursday	May 29	1:30 p.m.	Buffalo's Canal District: The Very Nostrils of Hell
Friday	June 6	1:30 p.m.	Ernest Hemingway
Monday	June 9	1:30 p.m.	Warp of Evil, Weft of Beauty: Nazi Germany during the 1930s
Tuesday	June 10	1:30 p.m.	Hospice Medicare benefit
Wednesday	June 11	1:30 p.m.	Human Trafficking
Thursday	June 19	1:30 p.m.	UN on the Niagara River
Monday	July 7	1:30 p.m.	Titanic
Monday	July 14	1:30 p.m.	Brainstorming: What Matters To Me

ORCHARD PARK SENIOR CENTER • REGISTER AT 662-6452

Day	Date	Time	Topic
Tuesday	April 22	1 p.m.	Labor Unions
Friday	April 25	1 p.m.	Bats
Thursday	May 1	3 p.m.	Drones
Monday	May 5	1 p.m.	Body Language
Monday	May 5	3 p.m.	Light in the Darkness
Tuesday	May 6	1 p.m.	Understanding Pain and Neuropathy
Thursday	May 8	1 p.m.	Evolution of French Fashion
Tuesday	May 13	9:30 a.m.	Watching the Warblers of Spring
Thursday	May 15	1 p.m.	Ernest Hemingway
Friday	May 16	1:30 p.m.	American Arts and Crafts Movement
Monday	May 19	1 p.m.	Hard Times in Early WNY
Tuesday	May 20	3 p.m.	Saudi Arabia and Iran
Thursday	May 22	1 p.m.	Health Care Reform
Thursday	May 22	3 p.m.	Human Trafficking
Friday	May 30	1 p.m.	UN on the Niagara River
Monday	June 2	1 p.m.	Mormonism
Tuesday	June 3	1 p.m.	Emily Dickinson
Thursday	June 5	1 p.m.	Restorative Justice
Monday	June 9	1 p.m.	Evolution
Thursday	June 12	1 p.m.	Intergenerational Relations
Thursday	June 19	1 p.m.	Warp of Evil, Weft of Beauty: Nazi Germany during the 1930s

Retired & Senior Volunteer Program
Erie County Department of Senior Services
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Buffalo, NY 14202

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