

UNIVERSITY EXPRESS

Spring
2022



Lifelong Learning for Adults Age 55+



ERIE COUNTY DEPARTMENT OF SENIOR SERVICES NY CONNECTS

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FREE IN-PERSON & VIRTUAL CLASSES

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**ERIE COUNTY DEPARTMENT
OF SENIOR SERVICES**

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WESTERN NEW YORK



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How can we
help you?



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Hello!

As your new Commissioner of Senior Services, I'm excited to be part of this program! We have an amazing list of classes at locations throughout Erie County and online this spring. We are thrilled to accompany you on your lifelong learning adventure!

We encourage you to flip through to see the variety of our offerings this spring. Be sure to note how and where you can participate. Please also visit erie.gov/universityexpress for more information, recordings of past classes, and the chance to sign up for our email list.

See you in class!



Angela Marinucci, Esq.
Commissioner
Erie County Department
of Senior Services



CLASS LOCATIONS

Akron Senior Center

5691 Cummings Road
Akron 14001
Phone: 716-542-6645

Amherst Senior Center

370 John James Audubon Pkwy.
Amherst 14223
Phone: 716-636-3051

Autumnwood Senior Center

1800 Clinton Street
Buffalo 14206
Phone: 716-826-7895

Cheektowaga Senior Center

3349 Broadway
Cheektowaga 14227
Phone: 716-686-3930

Central Library

1 Lafayette Square
Buffalo 14203
Phone: 716-858-8900

City of Tonawanda Public Library

333 Main Street
City of Tonawanda 14150
Phone: 716-693-5043

Clarence Senior Center

4600 Thompson Road
Clarence 14031
Phone: 716-633-5138

Concord Senior Center

40 Commerce Drive
Springville 14141
Phone: 716-592-2764

Elma Public Library

1860 Bowen Road
Elma 14059
Phone: 716-652-2719

Grand Island Golden Age Center

3278 Whitehaven Road
Grand Island 14072
Phone: 716-773-9682

Hamburg Senior Community Center

4540 Southwestern Blvd.
Hamburg 14075
Phone: 716-646-0665

Lancaster Senior Center

100 Oxford Avenue
Lancaster 14086
Phone: 716-685-3498

Orchard Park Senior Center

4520 California Road
Orchard Park 14127
Phone: 716-662-6452

Schiller Park Senior Center

2057 Genesee Street
Buffalo 14211
Phone: 716-895-2727

Tosh Collins Senior Center

35 Cazenovia Street
Buffalo 14220
Phone: 716-822-4532 ext. 103

Town of Aurora Senior Center

101 King Street, Suite A
East Aurora 14052
Phone: 716-652-7934

Town of Tonawanda Senior Center

291 Ensminger Road
Tonawanda 14150
Phone: 716-874-3266

West Seneca Senior Center


4620 Seneca Street
West Seneca 14224
Phone: 716-675-9288

West Side Community Services

161 Vermont Street
Buffalo 14213
Phone: 716-884-6616

HOW TO REGISTER FOR A UNIVERSITY EXPRESS CLASS

1) Read through the catalog to see what interests you.

All University Express classes are free and either in-person or virtual using Webex. Virtual classes are marked with a laptop  symbol. Some classes may be recorded and posted on our website at a later date.

2) Register for the classes that interest you.

Virtual Classes: Visit our website to register for the classes you want to virtually attend. You'll receive an email confirming your registration status after registering. You can call our office if you don't have internet access.

In-Person Classes: Call the location where the in-person class is offered and reserve your spot ahead of time. Some locations may be showing our virtual livestreams. Visit our website for their full schedules.

3) Make sure you have the right technology.

You can access the virtual classes from your smartphone, tablet, or computer. You may also phone in if you'd just like to listen to the presentation. Visit our website or call for more information.

4) Participate in the classes you registered for!

Virtual Classes: Once your registration is accepted, you'll receive email reminders before the class(es) start that you can join from. Visit our website for instructions on how to join a class.

In-Person Classes: Make sure you called the location ahead of time to register. Be sure to follow all safety guidelines at the location you are attending.

Website: erie.gov/universityexpress | Phone: 716-858-7605

What's So Special About Afghanistan?

What's the future of Afghanistan and why is everyone so interested in it? We'll discuss.

Instructor: Faizan Haq, Communication Department Faculty, SUNY Buffalo State; Founding President, Western New York Muslims

Wednesday, June 22 10:30 a.m.

Orchard Park Senior Center, 662-6452 to register

The Federal Reserve

Let's examine the role of the Federal Reserve and how its actions are impacting America's economy right now.

Instructor: Adam Goldfarb, ChFC, Financial Advisor, RJFS; Chief Sustainability Officer, Goldfarb Financial Team

Tuesday, May 3 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

Human Rights & Human Wrongs

What can individuals, governments, non-governmental organizations, and international groups do to diminish human wrongs and help enhance human rights globally?

Instructor: Claude Welch, PhD, SUNY Distinguished Services Professor Emeritus, University at Buffalo

Wednesday, May 11  10:30 a.m.

The Past, Present, & Future of Bethlehem Steel

We'll discuss the history of the Bethlehem Steel property and the current cleanup and redevelopment of the program site.

Instructors: Mark Rountree, Chief Planner, Erie County Department of Environment & Planning; Stan Radon, PG, Regional Geologist, NYS Department of Environmental Conservation

Friday, May 13 1 p.m.

Town of Tonawanda Senior Center, 874-3266 to register

Tuesday, June 7 1:30 p.m.

Town of Aurora Senior Center, 652-7934 to register

Wednesday, June 22 10 a.m.

Lancaster Senior Center, 685-3498 to register

On the Horizon in Buffalo & Erie County

We'll talk about the status of current projects and what we can look forward to seeing and experiencing in Western New York.

Instructor: Patrick Kaler, President / CEO, Visit Buffalo Niagara

Thursday, May 5 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Labor Unions: Yesterday, Today, & Tomorrow

We'll discuss how unions have influenced the workforce and society.

Instructor: Bill Daniels, President of Civil Services Employees Association (CSEA), Erie Unit, Downtown Section

Thursday, May 5 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Who's on the November Ballot?

Learn about who is running in the upcoming local elections, what the offices do, and how you can get involved.

Instructor: Angela Marinucci, Esq., Commissioner, Erie County Department of Senior Services

Thursday, June 2 2 p.m.

Amherst Senior Center, 636-3051 to register

What's a Filibuster?

Is it time to end the filibuster? Is it outdated? Is it blocking progress? Join us for an informational discussion on the matter.

Instructor: Len Lenihan, Political Analyst; Former Community & Political Leader

Friday, July 8 2 p.m.

Amherst Senior Center, 636-3051 to register

CURRENT EVENTS

Putin's Desires Over Ukraine

We'll discuss the state of affairs in the Russia-Ukraine War and the possible directions the conflict may go.

Instructor: Mustafa Gökçek, PhD, Associate Professor; Director, MA-Interdisciplinary Studies, Niagara University

Monday, May 23 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

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Vetting Your Sources

What is fake news? How do you spot wrong information? Where does it run most rampant?

Instructor: Ryan Gadzo, MPA, Research Analyst, Erie County Department of Senior Services

Wednesday, May 4 2 p.m.

Amherst Senior Center, 636-3051 to register

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Even War Has Rules: An Introduction to International Humanitarian Law

Join us for a lesson on the key global humanitarian issues during times of armed conflict. You'll learn about the Geneva Conventions, types of armed conflict, and rules of engagement.

Instructor: Debby Woglam, Volunteer IHL Instructor, American Red Cross, Western New York Region

Wednesday, June 22 2 p.m.

Amherst Senior Center, 636-3051 to register

History & Current Challenges of US Immigration Policy

What factors have shaped immigration and refugee policy in the United States? What would it take for Congress to agree to immigration reform?

Instructor: Laurie Buonanno, PhD, Professor, Department of Political Science & Public Administration, SUNY Buffalo State

Thursday, June 16 10:30 a.m.



The Syrian Civil War

We'll discuss the causes and far-reaching consequences the ensuing human tragedy has had on the region in general, and US foreign policy in particular.

Instructor: York Norman, PhD, Professor, Department of History & Social Studies Education, SUNY Buffalo State

Thursday, May 19 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Thursday, May 26 4 p.m.

Amherst Senior Center, 636-3051 to register



Practicing food safety is always important! Remember to wash hands and surfaces, cook foods to proper temperatures, and refrigerate them promptly.

HISTORY

The Records of WNY

Explore Western New York records that are rich with genealogical information.

Instructor: Rhonda Hoffman, Genealogy Specialist, Buffalo & Erie County Public Library

Friday, June 10 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

WNY Amusement Parks

Enjoy a whirlwind trip to all the amusement parks from past to present through Western New York's eight counties.

Instructor: Rose Ann Hirsch, Amusement Park Historian & Carousel Restorer

Friday, June 17 2 p.m.

Lancaster Senior Center, 685-3498 to register

Boats, Business, & the Black Rock Harbor

Listen and learn about the early Black Rock Harbor and a trade in an unexpected commodity. See how this early trade helped shape this significant part of the City of Buffalo.

Instructor: Mary Ann Kedron, MBA, PhD, Assistant Professor, University at Buffalo, Retired

Tuesday, May 10 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Wednesday, May 18 6:30 p.m.

Grand Island Golden Age Center, 773-9682 to register

Tuesday, June 7 5:30 p.m.

Akron Senior Center, 542-6645 to register

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Early 1900s Society & Culture

We'll cover individuals involved in many fields and companies in the Western New York area. Learn about the philanthropists that benefited our community.

Instructor: Rick Falkowski, Author; Founder, Buffalo Music Hall of Fame

Tuesday, May 10 1 p.m.

Hamburg Senior Community Center, 646-0665

Wednesday, June 1 6:30 p.m.

Elma Public Library, 652-2719 to register

Friday, June 10 2 p.m.

Amherst Senior Center, 636-3051 to register

Thursday, June 30 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

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Erie Canal

A look into the early days of Buffalo Creek and the Buffalo versus Black Rock rivalry. We'll focus on why Buffalo was chosen to be the terminus of the Erie Canal and the canal's effect on Western New York.

Instructor: Patrick Ryan, Education Coordinator, Buffalo History Museum

Friday, June 3 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

Wednesday, June 15 1:30 p.m.

Town of Aurora Senior Center, 652-7934 to register

Buffalo Stories: The Murder of the White Witch

Journey through one of the "Crimes of the Century" in Buffalo which you may have never heard of. Uncover a love triangle, hear messages from the other side, and see landmarks from right here in our backyard.

Instructor: Ryan Gadzo, MPA, Research Analyst, Erie County Department of Senior Services

Friday, May 13 10:30 a.m.

Akron Senior Center, 542-6645 to register

Wednesday, May 25 10 a.m.

Lancaster Senior Center, 685-3498 to register

Monday, June 6 12:30 p.m.

Concord Senior Center, 592-2764 to register

Thursday, June 16 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

Friday, July 8 1 p.m.

Town of Tonawanda Senior Center, 874-3266 to register

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The Jesse Ketchum Medal & Its Winners

This academic award has been presented to top scholars in the Buffalo Public School System from 1873 to the present. We'll discuss the award's history and notable winners and their accomplishments.

Instructor: William R. Greco, PhD, MBA, Professor Emeritus, Roswell Park Comprehensive Cancer Center & University at Buffalo

Saturday, May 7 10 a.m.

Central Library, 858-8900 to register

Thursday, May 19 2 p.m.

Amherst Senior Center, 636-3051 to register



Staying hydrated should be an all-day, every day effort in order to maintain healthy glucose levels and blood pressure, manage body temperature and metabolic rate, as well as aiding in mental clarity and alertness.

Discovering Buffalo, One Street at a Time

Learn about the man who brought vocational schools to Buffalo, how the electric chair is connected to Buffalo, and more!

Instructor: Angela M. Keppel, AICP, Project Planner, Buffalo Place
Friday, July 8 **10:30 a.m.**
 West Side Community Services, 884-6616 to register

Quilts & the Underground Railroad

For years it has been believed that quilts were used as signals to help men, women, and children escape slavery using the Underground Railroad. Learn what the quilt blocks were, what they signified, and the story that goes along with it.

Instructor: Theresa Wiater, Retired Teacher, Clarence Center Elementary School
Friday, May 27 **2 p.m.**
 Akron Senior Center, 542-6645 to register

Rock 'n' Roll Buffalo

We'll review the musicians, bands, DJ's, clubs, concert halls, and personalities that brought rock music to the Buffalo area. We'll begin in the 1950s and move through the mid-1980s.

Instructor: Rick Falkowski, Author; Founder, Buffalo Music Hall of Fame
Thursday, June 2 **12:30 p.m.**
 Grand Island Golden Age Center, 773-9682 to register
Friday, June 24 **1:30 p.m.**
 West Side Community Services, 884-6616 to register

Wednesday, July 6 **1 p.m.**
 Akron Senior Center, 542-6645 to register

The Irish in WNY

From the very beginnings of Western New York, the Irish have been integral to the development and growth of the region.

Instructor: Doug Kohler, Erie County Historian
Wednesday, May 4 **6:30 p.m.**
 Elma Public Library, 652-2719 to register
Saturday, May 21 **10 a.m.**
 Central Library, 858-8900 to register
Tuesday, May 24 **5:30 p.m.**
 Akron Senior Center, 542-6645 to register
Tuesday, June 21 **2 p.m.**
 Hamburg Senior Community Center, 646-0665
Thursday, June 23 **1 p.m.**
 West Seneca Senior Center, 675-9288 to register

Mary Lincoln: First Lady, But Last in the Hearts of Her Countrymen

Was she a woman who abused her husband? Was she a thief? Did she die alone and unwanted while the rest of America revered her husband?

Instructor: Norm Mineo, Retired Banker & History Enthusiast
Monday, June 27 **1 p.m.**
 City of Tonawanda Public Library, 693-5043 to register
Tuesday, June 28 **1:30 p.m.**
 Town of Aurora Senior Center, 652-7934 to register

Crystal Beach

Return to Crystal Beach Park through a slideshow collection of photographs and postcards from the park's beginning in 1888 to its final year in 1989.

Instructor: Rose Ann Hirsch, Amusement Park Historian & Carousel Restorer
Monday, May 16 **1 p.m.**
 City of Tonawanda Public Library, 693-5043 to register
Friday, June 3 **1 p.m.**
 Town of Tonawanda Senior Center, 874-3266 to register
Tuesday, July 12 **11 a.m.**
 Autumnwood Senior Center, 826-7895 to register

Wegmans healthy tip

Stock your kitchen with foods that deliver on both flavor & health. Keep fresh and frozen produce, beans, and whole grains on-hand to help you feel your best.

US President James A. Garfield: Victim of Assassin & Medical Arrogance

We'll explore the surprise election, brutal murder, and unfulfilled potential of our 20th president.

Instructor: Ron Smith, Retired Businessperson & History Enthusiast

Tuesday, June 14 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

Thursday, June 16 12:30 p.m.

Concord Senior Center, 592-2764 to register

Thursday, June 23 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

Thursday, June 30 2 p.m.

Amherst Senior Center, 636-3051 to register

Nikola Tesla: Before & After

What was the world of electricity that Tesla was born into? How did he change that world? How was he treated after he died? How is he being treated today?

Instructor: Francis S. Lestingi, PhD, Professor Emeritus of History of Science and Physics, SUNY Buffalo State; President & Co-Founder, Buffalo Niagara Nikola Tesla Council, Inc.

Monday, May 9 10:30 a.m.

Frederick Law Olmsted From Every Angle: A Fresh Look at Buffalo's Olmsted Park System & the Olmstedian Influence

We'll examine the history of his system and address his lasting influence on town planning and American culture, including the positive and negative impacts of his vision.

Instructor: Chuck Banas, Urban Designer & Community Activist

Wednesday, May 25 6:30 p.m.

Elma Public Library, 652-2719 to register

Friday, June 3 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Tuesday, June 28 6 p.m.

Amherst Senior Center, 636-3051 to register

Early 1900s Industry & Manufacturing

A highlight of the individuals who created the steel, automotive, aviation, and other industries that shaped the Blue-Collar identity and backbone of Western New York during the early 20th Century.

Instructor: Rick Falkowski, Author; Founder, Buffalo Music Hall of Fame

Monday, June 27 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

General Ulysses S. Grant

Learn about General Grant beginning with his early life through his rise to Commanding General in the Civil War.

Instructor: Ed Brodbeck, Reenactor, Impressionist
History: Civil War – World War II

Friday, May 6 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Polish Women as Forced Laborers in Germany During World War II

Besides concentration camps, there were also forced labor camps in Germany during World War II where both men and women were held against their will to serve Hitler and the German economy.

Instructor: Sophie Hodorowicz Knab, Author

Friday, June 3 10:30 a.m.

Orchard Park Senior Center, 662-6452 to register

Monday, June 20 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

Wednesday, June 29 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

The Expansion of Jewish Communities in Buffalo, 1880-1925

After 1880, Buffalo's Jewish community experienced an almost ten-fold expansion within three decades. With this growth came the development of the "Jewish" East Side of Buffalo and intense commercial, religious, and organizational creativity.

Instructor: Chana Revell Kotzin, PhD, Historian, Jewish Buffalo History Center

Tuesday, May 10 10:30 a.m.

HISTORY

Erie County Poorhouse Records

Learn about the Buffalo & Erie County Public Library's collection of Erie County Poorhouse Ledgers and the details you may learn about your ancestors who spent time there.

Instructor: Rhonda Hoffman, Genealogy Specialist, Buffalo & Erie County Public Library

Wednesday, June 1 10 a.m.

Lancaster Senior Center, 685-3498 to register

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WAVES in World War II

More than 86,000 women participated in World War II by joining the WAVES program. This program, while not the first in America's military history, ushered the discussion of bringing women into service full time.

Instructor: Shane Stephenson, Director of Museum Collections, Buffalo & Erie County Naval & Military Park; Owner, Archives in the Buff

Monday, July 11 2:30 p.m.

Lancaster Senior Center, 685-3498 to register

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Head Lamps & High Times: The Early History of Buffalo Automobiles

This will be a journey through the automobile culture that developed in Western New York in the early 1900s.

Instructor: Doug Kohler, Erie County Historian

Tuesday, May 17 6 p.m.

Amherst Senior Center, 636-3051 to register

Thursday, July 7 11 a.m.

Schiller Park Senior Center, 895-2727 to register

The Latest Installment in the Orphans & Inmates Series

Let's go back to the 1920s, when the Colored Musicians Club was the hot spot for all the jazz greats of the era, Prohibition was the law of the land, and the Ku Klux Klan was trying to infiltrate Buffalo.

Instructor: Rosanne Higgins, PhD, Author

Wednesday, June 8 6:30 p.m.

Elma Public Library, 652-2719 to register

Friday, June 10 2 p.m.

Lancaster Senior Center, 685-3498 to register

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The 1960s

Take a step back in time with a brief, but fun look back at what was going on in the 1960s. From TV shows to toys. From presidential elections to popular culture. From fashion to fads.

Instructor: Theresa Wiater, Retired Teacher, Clarence Center Elementary School

Thursday, May 12 1 p.m.

West Seneca Senior Center, 675-9288 to register

Tuesday, May 31 1 p.m.

Clarence Senior Center, 633-5138 to register

Monday, June 27 10:30 a.m.

Orchard Park Senior Center, 662-6452 to register

HUMANITIES

The Folklore of Trees

Tree folklore helped our ancestors understand their connection to the natural world - to this day, it reinforces the connection we have to trees as living, breathing organisms.

Instructor: Pati Aine Guzinski, Master Gardener, Cornell Cooperative Extension

Tuesday, June 21 10:30 a.m.



The Thanksgiving Address

We'll discuss the significance of this Haudenosaunee tradition and what it teaches us.

Instructor: Pete Hill, Special Initiatives Coordinator, Native American Community Services of Erie & Niagara Counties, Inc. (NACS)

Wednesday, June 1 10:30 a.m.



The Development of the Hero from Odysseus to Harry Potter

We'll examine the evolution of the concept of the hero in three basic phases: the classic hero, the modern hero, and the contemporary hero.

Instructor: Robert Butler, PhD, Professor Emeritus, Canisius College

Monday, May 9 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Trip to Jordan

Jordan is home to more than 100,000 archaeological, religious, and tourist sights, like Petra, Dead Sea, Wadi Rum, and Jerash. Here we'll discuss the historical sites, traditions, music, and food. You'll even learn a few words in Arabic!

Instructor: May Shogan, Director of International Exchanges & Education, International Institute of Buffalo

Thursday, May 19 10:30 a.m.

Orchard Park Senior Center, 662-6452 to register

A Reporter's Life

Lee Coppola discusses the stories he covered and the people he's met in his 25-year career as a newspaper and television reporter.

Instructor: Lee Coppola, Veteran Newspaper & Television Reporter; Retired Dean of St. Bonaventure University Journalism School

Friday, May 20 10:30 a.m.

West Side Community Services, 884-6616 to register

Wednesday, June 8 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Monday, June 27 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

William Who?

Dive into learning about who Shakespeare was in his time and the true stories that inspired some of his greatest works.

Instructor: Gabriella McKinley, Education & Community Outreach Coordinator, Shakespeare in Delaware Park

Monday, June 20 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

The Gardens of Emily Dickinson

We all learned in our English classes about the shy spinster poet Emily Dickinson, but in all probability, we didn't learn that she was also an outstanding master gardener.

Instructor: Judith Geer, Retired Educator & Librarian, SUNY Erie

Monday, May 2 1 p.m.

Akron Senior Center, 542-6645 to register

Thursday, May 12 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

Thursday, May 26 2 p.m.

Elma Public Library, 652-2719 to register

Buffalo City Hall

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 & Lecturer of WNY History & Architecture

Friday, June 17 10:30 a.m.

Akron Senior Center, 542-6645 to register

Tuesday, June 21 1 p.m.

Clarence Senior Center, 633-5138 to register

Secrets of Voodoo, Revealed!

Sensationalized in American popular culture, "Vodou" is in fact the premiere Afro-Caribbean religious system, which likely began among African slaves as early as 1505.

Instructor: Phillips Stevens, PhD, Associate Professor of Anthropology Emeritus, University at Buffalo

Wednesday, May 25 2 p.m.

Amherst Senior Center, 636-3051 to register

Kabuki: Japan's Extraordinary Theater

Men portray women's roles, actors change garments on stage, and audiences swoon before their favorite stars. Kabuki is still world-class theater today.

Instructor: Thomas W. Burkman, PhD, Research Professor of Asian Studies Emeritus, University at Buffalo

Wednesday, June 15 **2 p.m.**
Amherst Senior Center, 636-3051 to register

Get to Know the Architectural Styles of Erie County

Explore 200 years of architectural design, learning the terminology and characteristics of the styles and types that define Erie County's unique built environment.

Instructor: Christiana Limniatis, Director of Preservation Services, Preservation Buffalo Niagara

Thursday, June 2 **10:30 a.m.**
Orchard Park Senior Center, 662-6452 to register

Friday, June 17 **1 p.m.**
City of Tonawanda Public Library, 693-5043 to register

Wednesday, June 29 **11 a.m.**
Akron Senior Center, 542-6645 to register

How to be a Good Ally of Native People

We'll learn about how working to support Native people can be more helpful by recognizing the impact of past events and why trust, friendship, and relationships may take more time and effort because of those events.

Instructor: Pete Hill, Special Initiatives Coordinator, Native American Community Services of Erie & Niagara Counties, Inc. (NACS)

Wednesday, June 15  **10:30 a.m.**

The Future of Jazz in Buffalo

We'll look back at some of the big names that came through and look ahead to what's in store at the Colored Musicians Club. Be prepared for a toe-tapping good time!

Instructor: George Scott, Former President, Colored Musicians Club; Chairman, Michigan Street African American Heritage Corridor Commission

Wednesday, May 25 **1:30 p.m.**
Orchard Park Senior Center, 662-6452 to register

Thursday, June 23 **11 a.m.**
Schiller Park Senior Center, 895-2727 to register

Switched at Birth

A true story about two babies that were born within days of each other and given to different parents. How did the families find out about the switch 10 years later?

Instructor: Theresa Wiater, Retired Teacher, Clarence Center Elementary School

Tuesday, May 10 **10:30 a.m.**
Grand Island Golden Age Center, 773-9682 to register

Thursday, May 19 **1 p.m.**
City of Tonawanda Public Library, 693-5043 to register

Wednesday, May 25 **1:30 p.m.**
Town of Aurora Senior Center, 652-7934 to register

Friday, July 1 **2 p.m.**
Akron Senior Center, 542-6645 to register

Dreams, Schemes, & Machines: The Roaring Twenties

This accelerated decade in Western Society brought in the 'roar' of creativity and inventions in all facets of life. Let's explore the trends in this boisterous decade!

Instructor: Jean Serusa, BS, MS, Certified New York State Art Educator

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

Tuesday, June 21 **6 p.m.**
Amherst Senior Center, 636-3051 to register

Wegmans healthy tip

Cut back on added sugars to reduce your risk for certain health conditions. Try swapping sugary beverages with regular or sparkling water.

To Build a Fire by Jack London

A man, a dog, and the Arctic combine to illustrate the conflict that Nature presents when man becomes overconfident when dealing with the natural world.

Instructor: Jim Banko, Retired English Teacher, Buffalo Public Schools

Friday, July 8 10:30 a.m.

Orchard Park Senior Center, 662-6452 to register

The Arts & the Art of Healing

Learn how Roswell Park Comprehensive Cancer Center brings the soothing impact of art, music, and storytelling to patients and visitors.

Instructors: Cynthia Schwartz, Director, Alliance Foundation Ambassador Program; William Vogel, Art Coordinator, Roswell Park Comprehensive Cancer Center

Wednesday, May 25 10:30 a.m.

Orchard Park Senior Center, 662-6452 to register

Saturday, June 18 10 a.m.

Central Library, 858-8900 to register

Persuasion

We'll examine the basic social psychology behind persuasion. By learning the communication techniques, we can become better communicators and receivers.

Instructor: John Harrigan, PhD, Professor, SUNY Erie

Tuesday, May 24 10:30 a.m.

Hamburg Senior Community Center, 646-0665

Monday, July 11 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

F. Scott Fitzgerald & Jay Gatsby's Gold Coast

The mansion in this novel is based on the extravagant estates of Long Island's famed Gold Coast. Mother and son will paint a picture of what inspired Fitzgerald's masterpiece.

Instructors: Linda Drajem, PhD, Retired English Teacher; Current Memoirist; Christopher Drajem, Writer & Educator

Thursday, June 23  10:30 a.m.

Langston Hughes: Poet of the People

Langston Hughes is particularly known for his insightful portrayals of Black life in America from the twenties through the sixties. We'll discuss his work and impact on literature.

Instructor: Linda Drajem, PhD, Retired English Teacher; Current Memoirist

Tuesday, May 3 11 a.m.

Schiller Park Senior Center, 895-2727 to register

Highlights of the Low Countries

Here you'll gain insights into Belgian and Dutch societies, through a contemporary lens.

Instructor: Claude Welch, PhD, SUNY Distinguished Services Professor Emeritus, University at Buffalo

Tuesday, May 3  10:30 a.m.

Basics of Art & Design

Learn some basic art and design principles like Color Theory to use in your creative artwork and home decor.

Instructor: Jean Serusa, BS, MS, Certified New York State Art Educator

Wednesday, June 8 10:30 a.m.

Grand Island Golden Age Center, 773-9682 to register

Meet the Conductor

Meet the BPO's assistant conductor Jaman E. Dunn, and learn about his path to the podium of the BPO!

Instructor: Jaman E. Dunn, Assistant Conductor, Buffalo Philharmonic Orchestra

Tuesday, June 14  10:30 a.m.

Superstitions & Magical Thinking

Most superstitions are examples of basic patterns of thinking found in all cultures and periods of history, and even prehistory.

Instructor: Phillips Stevens, PhD, Associate Professor of Anthropology Emeritus, University at Buffalo

Thursday, June 2  10:30 a.m.

Putting Your Affairs in Order

Consider your important documents, how to keep track of your accounts, and what to share with trusted family and friends.

Instructor: Valerie Stanek, Esq., CFP, Attorney at Law; Certified Financial Planner,

Wednesday, June 1 1:30 p.m.

Town of Aurora Senior Center, 652-7934 to register

Monday, June 6 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

Monday, June 13 10:30 a.m.

Grand Island Golden Age Center, 773-9682 to register

Wednesday, July 13 10:30 a.m.

West Side Community Services, 884-6616 to register

Identity Theft & Credit

Let's talk about ways to ensure your identity is protected and what exactly goes into your credit score.

Instructor: Erie County Office of Consumer Protection

Monday, May 23 10:30 a.m.

Grand Island Golden Age Center, 773-9682 to register

Tuesday, May 24 1:30 p.m.

Town of Aurora Senior Center, 652-7934 to register

Wednesday, June 1 1 p.m.

Clarence Senior Center, 633-5138 to register

Monday, June 6 10 a.m.

Tosh Collins Senior Center, 822-4532 ext. 103 to register

Tuesday, June 7 11 a.m.

Autumnwood Senior Center, 826-7895 to register

A Guide for Basic Estate Planning

An overview of basic estate planning and asset protection from a long-term care perspective.

Instructor: Linda S. Grear, Esq., Attorney at Law

Thursday, June 16 3 p.m.

Lancaster Senior Center, 685-3498 to register

The Evils of Probate

Find out everything you ever wanted to know about probate and why everyone wants to avoid it.

Instructor: Valerie Stanek, Esq., CFP, Attorney at Law; Certified Financial Planner

Thursday, May 19 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Crypto Currency 101

Learn the basics of crypto including terms, an overview of how it works, and how it has evolved.

Instructor: Adam Goldfarb, ChFC, Financial Advisor, RJFS; Chief Sustainability Officer, Goldfarb Financial Team

Thursday, May 5 1 p.m.

West Seneca Senior Center, 675-9288 to register

Tuesday, June 7 10 a.m.

Hamburg Senior Community Center, 646-0665

Spot that Scam! By Being an Educated Consumer

What are the red flags one should watch for to identify these scams? What tips will prevent you from becoming a victim?

Instructor: Erie County Office of Consumer Protection

Friday, June 10 10:30 a.m.

West Side Community Services, 884-6616 to register

Monday, June 20 10:30 a.m.

Grand Island Golden Age Center, 773-9682 to register

Wednesday, June 22 1 p.m.

Clarence Senior Center, 633-5138 to register

Am I Eligible?

We'll talk about the benefits older adults commonly qualify for, such as SNAP and HEAP. Learn about eligibility guidelines and the application process, and how to get the most out of these benefits. Come prepared with an idea of your household income.

Instructor: Rachael Vega, Aging Disability Resource Representative, Erie County Department of Senior Services

Monday, May 9 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

IRA Distributions

Most people focus on accumulating assets for retirement and ignore the importance of planning for the distribution phase.

Instructor: Valerie Stanek, Esq., CFP, Attorney at Law; Certified Financial Planner

Thursday, June 2 2 p.m.

Elma Public Library, 652-2719 to register

Monday, June 13 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

An Overview of Social Security

Learn about the various benefits programs administered by the Social Security Administration, including Retirement, Disability, Survivors, and Medicare and what services are offered online.

Instructor: Ben Stump, Public Affairs Specialist, Social Security Administration

Tuesday, June 7 10:30 a.m.



Tenants' Rights

This presentation will cover the topics of tenants' rights in residential tenancies along with an overview of the changing eviction landscape as a result of the COVID-19 pandemic.

Instructor: Kevin Quinn, Esq., Supervising Attorney, Center for Elder Law & Justice

Saturday, June 4 10 a.m.

Central Library, 858-8900 to register

An Overview of Revocable & Irrevocable Trusts

We'll discuss how a revocable trust can be used to avoid a probate proceeding upon death, and how it can be used to protect assets from Medicaid and long-term care costs.

Instructor: Daniel J. Schuller, Esq., Attorney at Law

Monday, June 13 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

The Basics of Medicaid & Long-Term Care: Protecting and Preserving Assets

This class focuses on strategies to preserve and protect assets in the event that there is a need for Medicaid, skilled nursing home care, or care in your home.

Instructor: Jean E. Harris, Esq., Attorney at Law

Tuesday, June 7 6 p.m.

Amherst Senior Center, 636-3051 to register



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

Organic Food 101

Consumers gravitate towards organic products for several reasons including quality, nutrition, safety, and environmental benefits. We'll discuss what organic means, the practices that organic farmers follow, and how you can support organic agriculture in Erie County.

Instructor: Caitlin Tucker, New York Region Organic Consultant, Rodale Institute

Monday, June 6 10:30 a.m.



Amphibians: the Good, the Bad, & the Slimy

This program will explore the diversity of amphibians on Earth today, as well as their Devonian period origins.

Instructor: Robin Sanecki, Educator, Penn Dixie Fossil Park & Nature Reserve

Wednesday, July 6 10 a.m.

Lancaster Senior Center, 685-3498 to register

How to Succeed with Starting Seeds

Learn which seeds should be directly sown outside, how to start seeds indoors, and how to successfully prepare your seedlings for transplanting. We'll cover soils, light requirements, watering, timing, and more!

Instructor: Caitlin Tucker, New York Region Organic Consultant, Rodale Institute

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

Mosquitoes, Ticks & Fleas! Oh My!

We'll be introduced to vector-borne diseases, with a specific focus on Lyme Disease and West Nile virus. Our discussion will focus on disease description and treatment, risk factors, and personal preventive measures.

Instructor: Shauna Zorich, MD, MPH, Clinical Assistant Professor, Department of Epidemiology & Environmental Health, University at Buffalo

Wednesday, June 8  **10:30 a.m.**

Why We Love the Element Gold

We'll examine gold's many fascinating aspects, from its amazing physics to its captivating human allure, to its industrial utilization, and finally to the dreadful dark side of its commercial mining.

Instructor: Francis S. Lestingi, PhD, Professor Emeritus of History of Science and Physics, SUNY Buffalo State; President & Co-Founder, Buffalo Niagara Nikola Tesla Council, Inc.

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

Native Trees & Shrubs for the WNY Landscape

Native trees and shrubs play an important role in our environment. We'll discuss why you "should" grow them and which types are both native to our area and do well.

Instructor: Lyn Chimera, Master Gardener, Cornell Cooperative Extension; Owner, Lessons from Nature

Friday, June 24 **1 p.m.**
City of Tonawanda Public Library, 693-5043 to register

Perennials That Last & Those That Don't

Find out how the right combination of soil, sun, water, and your care can lead to plants that really are perennial.

Instructors: Carol Ann Harlos & Peggy Koppmann, Master Gardeners, Cornell Cooperative Extension

Monday, June 6 **1 p.m.**

Akron Senior Center, 542-6645 to register

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

Elma Public Library, 652-2719 to register

Insects: Friends Not Foe

Learn about the variety of insects that live locally and how to support beneficial native insects in your garden and outdoor areas.

Instructor: Stephanie Schelble, Park Ranger, Erie County Parks, Recreation & Forestry

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

Cheektowaga Senior Center, 686-3930 to register

Tuesday, May 24 **11 a.m.**

Schiller Park Senior Center, 895-2727 to register

Solar Power

Learn the basics about the conversion of sunlight to energy. We'll also discuss how you can take advantage of solar power programs.

Instructor: Reed Braman, Director of Energy Development, Erie County Department of Public Works

Monday, May 2 **1:30 pm**

Orchard Park Senior Center, 662-6452 to register

Tuesday, May 10 **2 pm**

Amherst Senior Center, 636-3051 to register

I'm for the Birds

Let's talk about how to get birds to discover your property, what and how to feed them, and how to keep them safe from predators and the weather.

Instructor: Pati Aine Guzinski, Master Gardener, Cornell Cooperative Extension

Monday, May 9 **12:30 p.m.**

Concord Senior Center, 592-2764 to register

Mary Anning, William Smith, & "The Map That Changed the World"

A class about global geology and how we've come to understand it during the past two centuries based on stratigraphy and plate tectonics.

Instructor: Philip J. Stokes, PhD, Executive Director, Penn Dixie Fossil Park & Nature Reserve

Tuesday, July 12  **10:30 a.m.**

Backyard Wildlife

We'll talk about how to encourage wildlife into your backyard! Learn about the best backyard wildlife to have and why they are so important to have around.

Instructor: Nicole Klimowicz, Park Ranger, Erie County Parks, Recreation & Forestry

Thursday, May 5 **12:30 p.m.**

Concord Senior Center, 592-2764 to register

Thursday, May 26 **1 p.m.**

City of Tonawanda Public Library, 693-5043 to register

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

Amherst Senior Center, 636-3051 to register

Friday, July 8 **10:30 a.m.**

Akron Senior Center, 542-6645 to register

Recycling 101

Wondering what you can and cannot recycle? This class is for you! We'll talk about all of the things you can put in your recycle bin and what to do with the things you cannot.

Instructors: Gary Carrel, Solid Waste Recycling Specialist; Amy Alduino, Recycling Coordinator, Erie County Department of Environment & Planning, Division of Environmental Compliance Services

Thursday, May 19 **10:30 a.m.**

Grand Island Golden Age Center, 773-9682 to register

Tuesday, June 21 **2 p.m.**

Amherst Senior Center, 636-3051 to register

Getting Involved in Community Climate Action Planning

Erie County is developing an equity-centered Community Climate Action Plan and is seeking your input to ensure the plan addresses impacts that affect your neighborhood, your backyard, and your family.

Instructor: Tracy Skalski, Sustainability Coordinator, Erie County Department of Environment & Planning

Wednesday, May 18  **10:30 a.m.**

Trophic Levels: Who is Eating Whom?

Trophic level is how we say where an organism is in the food web. We'll take a look at how energy and matter flow in ecosystems, including our own.

Instructor: Roy Cunningham, Park Ranger, Erie County Parks, Recreation & Forestry

Thursday, May 5  **10:30 a.m.**

Understanding Climate Change Through Geology

Journey back in time to discover why and how the Earth changed and what that means for us today. Key topics include: Dendrochronology (tree ring counting), Glaciology (glaciers and ice), Geochemistry (rocks and chemistry), and Paleobiology (fossils).

Instructor: Catherine Konieczny, MS, Director of Science, Penn Dixie Fossil Park & Nature Reserve

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

City of Tonawanda Public Library, 693-5043 to register

Tuesday, May 31 **1 p.m.**

Cheektowaga Senior Center, 686-3930 to register

Wegmans healthy tip

Support a healthy immune system by enjoying foods like seafood, fruits, and veggies.

Wisdom of the Dying: Learning to Live by Listening to the Dying

Explore wisdom offered to us by those who are dying and learn what brings meaning to our lives.

Instructor: Pei C. Grant, PhD, Research Consultant, Phronesis Consulting LLC

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

Choosing the Right Foods to Manage or Prevent Osteoporosis

Learn how certain foods and eating behaviors can benefit our skeletomuscular health through the aging process. You'll leave understanding which nutrients impact bone health, with special attention to female health.

Instructor: Jacqueline Anderson RDN, CDN, Registered Dietitian Nutritionist, Excelsior Orthopaedics

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

Orchard Park Senior Center, 662-6452 to register

Wednesday, June 29 **1 p.m.**

Clarence Senior Center, 633-5138 to register

Acids vs. Bases

Let's go all the way back to chemistry class! We'll learn or re-learn about atoms, molecules, and the pH scale. We'll relate the information to everyday things like gardening, cooking, and our bodies so it all makes sense this time around.

Instructor: Donna Wysokenski, MS, MA, Grant Coordinator, Growing Places

Tuesday, June 28  **10:30 a.m.**

RD FAQs

Learn the answers to common nutrition questions and how to separate facts from myths.

Instructors: Betsy Andersen, RD, CDN, CDE, Dietitian Consultant; Janice Nowak, MS, RD, CDN, Chief Dietitian, Erie County Department of Senior Services

Thursday, June 16 **1 p.m.**

Hamburg Senior Community Center, 646-0665

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

Akron Senior Center, 542-6645 to register

Hands-Only CPR

This training method that teaches the compressions-only technique is a combination instruction and skills session that lasts approximately 30 minutes. CPR training certification is not provided through this course.

Instructor: American Red Cross, Western New York Chapter

Wednesday, June 8 **10:30 a.m.**

Orchard Park Senior Center, 662-6452 to register

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

Amherst Senior Center, 636-3051 to register

Tuesday, June 14 **5:30 p.m.**

Akron Senior Center, 542-6645 to register

Understanding Alzheimer's & Dementia

Learn basic information on the difference between Alzheimer's and dementia, stages, risk factors, research, and FDA-approved treatments.

Instructor: Alzheimer's Association, Western New York Chapter

Monday, May 9 **2:30 pm**

Lancaster Senior Center, 685-3498 to register

Coping with Grief & Loss

Grief is a universal experience we all come to understand in different ways. Join us in exploring how different kinds of loss can cause grief, and how best to cope, or help others cope, through the most difficult of times.

Instructor: Anna VanDien, LCSW, Coordinator, Wilson Support Center & Hospice Bereavement Services

Wednesday, May 4  **10:30 a.m.**

What Do All These Numbers Mean?

Fitness trackers are great, but how do you make sense of all the numbers they give you? Join for a discussion on the different data your fitness tracker captures and how to make it work for you.

Instructor: Jennifer Johnson, Health Promotion Coordinator, Highmark Blue Cross Blue Shield of Western New York

Wednesday, July 13  **10:30 a.m.**

The Latest COVID Detective Work: Wastewater-Based Epidemiology

Learn how Erie County and the University at Buffalo have employed wastewater-based epidemiology to better understand COVID-19 impacts locally and how these methods might help monitor community healthy in the future.

Instructors: Ian Bradley, PhD, Assistant Professor, Department of Civil, Structural and Environmental Engineering, University at Buffalo; Joseph Fiegl, PE, BCEE, Deputy Commissioner, Erie County Department of Environment & Planning, Division of Sewerage Management

Wednesday, June 1 **2 p.m.**
Amherst Senior Center, 636-3051 to register

All about Supplements

Learn about the myths and truths about supplements. Do they work? How do they work? Are they safe?

Instructor: Mark S. Lenard, RPh, Pharmacist, Mobile Primary Care

Tuesday, May 3 **11 a.m.**
Autumnwood Senior Center, 826-7895 to register

Wednesday, June 8 **10 a.m.**
Hamburg Senior Community Center, 646-0665

Friday, June 17 **2 p.m.**
Amherst Senior Center, 636-3051 to register

Tips for Tough Conversations: Doctor Visits, Driving, & Legal & Financial Concerns

If you know someone who is experiencing changes in memory, thinking, and behavior, this education program provides tips and strategies for difficult, but important conversations about changes that may be related to dementia.

Instructor: Alzheimer’s Association, Western New York Chapter

Monday, June 13 **10 a.m.**
Tosh Collins Senior Center, 822-4532 ext. 103 to register

Food Is Medicine

Food can define our well-being and help us heal faster from our ailments. We’ll embrace this holistic approach for patient care.

Instructor: Riffat Sadiq, MD, President / CEO, WNY Medical, PC

Thursday, May 12 **2 p.m.**
Elma Public Library, 652-2719 to register

Wednesday, May 18 **2 p.m.**
Amherst Senior Center, 636-3051 to register

Thursday, June 2 **1:30 p.m.**
Orchard Park Senior Center, 662-6452 to register

Living with Anxiety

We’ll discuss the types of anxiety, how anxiety may impact us, and ways to cope.

Instructor: Mark O’Brien, LCSW-R, Commissioner, Erie County Department of Mental Health

Thursday, June 9 **1 p.m.**
West Seneca Senior Center, 675-9288 to register

Tuesday, July 12 **1 p.m.**
Clarence Senior Center, 633-5138 to register

Expressive Arts Therapies: Creativity, Comfort, Connectivity, & Healing

The expressive arts foster self-expression and the unique opportunity to explore a creative outlet while addressing physical, emotional, cognitive, and social goals. Learn how these vibrant therapies can enhance one’s well-being and overall quality of life.

Instructor: Abigail Unger, LCAT, MT-BC, Vice President of Psychosocial Services, Hospice & Palliative Care Buffalo

Friday, May 6  **10:30 a.m.**



Reconnect with your health and wellness goals by getting outside. Spring is a great time for hiking, biking, and exploring the great outdoors.

Styles of Beer

What separates an IPA from a Lager? How is a Sour Ale made? Learn what makes each beer style unique, and the beer culture that made it popular.

Instructor: Tim Herzog, Founder, Flying Bison Brewing

Monday, June 6 3 p.m.

Lancaster Senior Center, 685-3498 to register

Tuesday, July 12 5:30 p.m.

Akron Senior Center, 542-6645 to register

From Painful to Pain FREE

We'll discuss arthritis of the hips and knees and joint replacement options for both parts of the body. Learn about the process, downtime, and recovery, and start imagining a life lived easier without disabling joint pain!

Instructor: Daniel Vargo, MD, Orthopaedic Surgeon, Excelsior Orthopaedics

Friday, May 6 10:30 a.m.

Amherst Senior Center, 636-3051 to register

Understanding Lipid Profile & Cholesterol Numbers

This is for anyone interested in learning more about cholesterol and lipid profiles and how they affect our health. We'll learn about HDL, LDL, and triglycerides, how they work in the body, and management options.

Instructor: Suzanne Stoklosa, MSN, ANP

Thursday, July 7 10:30 a.m.

Immunotherapy for the Two Cs: COVID-19 & Cancer

Immune responses can effectively control some human cancers. Learn about how Immunotherapies are also contributing to the efforts to diagnose, treat, and prevent COVID infections.

Instructor: Sharon Evans, PhD, Professor of Oncology, Roswell Park Comprehensive Cancer Center

Thursday, May 19 2 p.m.

Hamburg Senior Community Center, 646-0665

Thursday, June 2 1 p.m.

West Seneca Senior Center, 675-9288 to register

How to Talk With Your Doctor

Are you unsure of what questions to ask your doctor about your health or how to ask? Learn how to create a successful partnership with your doctor during this session.

Instructors: Lito Gutierrez, MD, Member of the NYS Public Health and Health Planning Council; Elisabeth Zausmer, MD, FACP

Thursday, May 12 4 p.m.

Amherst Senior Center, 636-3051 to register

Diabetes & Added Sugars: Making All Foods Fit

We'll review sources of added sugar, how much to consume, and strategies for including these types of food. You'll be encouraged to participate in brainstorming combinations of foods that promote healthy blood sugar levels.

Instructors: Cassie Goodman MS, RDN, CDN & Kayla Kio MS, RDN, CDN, Registered Dietitian Nutritionists, Excelsior Orthopaedics

Wednesday, June 8 1 p.m.

Clarence Senior Center, 633-5138 to register

Monday, July 11 10:30 a.m.

Orchard Park Senior Center, 662-6452 to register

What is Mental Health?

Mental health is just as important as physical health. We'll talk about mental well-being, mental illness, and ways to get help.

Instructor: Mark O'Brien, LCSW-R, Commissioner, Erie County Department of Mental Health

Monday, May 9 10 a.m.

Tosh Collins Senior Center, 822-4532 ext. 103 to register

Tuesday, May 24 2 p.m.

Amherst Senior Center, 636-3051 to register

Friday, June 17 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Obstructive Sleep Apnea (OSA)

Learn about the signs and symptoms of OSA and how it is diagnosed. We'll also cover the available treatment options and the risks of untreated OSA.

Instructor: Suzanne Stoklosa, MSN, ANP-BC

Wednesday, May 25  **10:30 a.m.**

A Pharmacist's Role

Learn about the ways a pharmacist can help and what questions you can ask.

Instructor: Mark S. Lenard, RPh, Pharmacist, Mobile Primary Care

Wednesday, May 18 **10 a.m.**
Hamburg Senior Community Center, 646-0665

Looking Ahead

With no kids or out of town family, are you wondering who will be able to provide support and care for you in the future? Join us for a talk about the services and supports that can be put into place.

Instructor: Erie County Department of Senior Services

Friday, May 27 **9 a.m.**
Lancaster Senior Center, 685-3498 to register

Wednesday, July 6 **2 p.m.**
Amherst Senior Center, 636-3051 to register

The Power of Positivity

Understand how positive self-talk boosts confidence, builds self-esteem, and increases feelings of control over your life.

Instructor: Miranda McCoy, Health Coach, Highmark Blue Cross Blue Shield of Western New York

Thursday, May 19  **10:30 a.m.**

Video Games: Ageless Entertainment

Video games cover a wide range of genres and subject matters, just like books. We'll dive into the types of video games, the necessary equipment to play, and much more!

Instructor: Brendan Chella, Librarian, Buffalo & Erie County Public Library's TechKnow Lab

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

Communication Competence

Understanding the importance of communication within relationships is crucial to interpersonal health and balance. Learn how to effectively avoid miscommunications.

Instructor: John Harrigan, PhD, Professor, SUNY Erie

Monday, June 20 **10:30 a.m.**
Orchard Park Senior Center, 662-6452 to register

Protecting Yourself Online

How often do you change your password? Is your WI-FI connection secure? Are your photos backed up? Learn about ways to keep your personal information safe online and what to be on the lookout for.

Instructor: Nathan Bake, Information Security Officer, Erie County

Monday, May 23 **10:30 a.m.**
Orchard Park Senior Center, 662-6452 to register

Tuesday, June 14 **10 a.m.**
Hamburg Senior Community Center, 646-0665

Monday, June 27 **10 a.m.**
Tosh Collins Senior Center, 822-4532 ext. 103 to register



By performing 150 minutes of moderate exercise weekly, or just 20 minutes daily, you can decrease your risk for heart and circulatory disease by 35%!

Senior Services: How We Serve You

Join us for a lesson on what Senior Services does and how you can access its programs and services.

Instructor: Erie County Department of Senior Services

Thursday, May 19 **2 p.m.**

Elma Public Library, 652-2719 to register

Computer Basics

Learn how to operate a computer, identify parts of a computer, and use various basic, but useful software programs. Additionally, receive tips on purchasing a computer that fits your needs.

Instructor: The Buffalo & Erie County Public Library's TechKnow Lab

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

Schiller Park Senior Center, 895-2727 to register

Monday, May 23 **12:30 p.m.**

Concord Senior Center, 592-2764 to register

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

Clarence Senior Center, 633-5138 to register

The Retirement Transition

Transitioning from a career to retirement is one of the biggest changes in most peoples' lives. Join for a discussion on some common issues people face, how to plan, and how to make the most of your time.

Instructor: Jennifer Johnson, New Sky Coaching, LLC

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

Being Social on Social Media

Join us for a lesson on social media platforms like Twitter, Instagram, Facebook, and TikTok. We'll learn how they are used, how they work, and how you can join.

Instructor: Cassandra Kubiak, MS, Director of Enrollment Marketing, Niagara University

Monday, May 16 **10 a.m.**

Tosh Collins Senior Center, 822-4532 ext. 103 to register

Tuesday, May 24 **10:30 a.m.**

Grand Island Golden Age Center, 773-9682 to register

Training for a Race

Are you thinking about competing in a running, biking, or swimming competition? Here you'll learn the ins and outs of training for the sections.

Instructor: Julie Ruzala, Fitness Trainer / Media Specialist, Erie County Department of Senior Services

Thursday, July 7 **2 p.m.**

Amherst Senior Center, 636-3051 to register

iPad / iPhone

Learn about the parts of the iPad or iPhone and how to use the touch screen, settings, and keyboard. You'll also discover how to download and use common apps. This class is based on iOS 14, the most current Apple operating system.

Instructor: The Buffalo & Erie County Public Library's TechKnow Lab

Friday, June 3 **3 p.m.**

Clarence Senior Center, 633-5138 to register

The Joy of Flying Kites

Learn about the history of kite flying, the types of kites, and how to make the most of all wind conditions.

Instructor: Bill Daniels, Member, Great Lakes Kitefliers Society of Western New York

Monday, June 20 **12:30 p.m.**

Concord Senior Center, 592-2764 to register

Monday, July 11 **2 p.m.**

Amherst Senior Center, 636-3051 to register

It's Time for a Talk: Are We Ready to Communicate?

Is disagreement a threat? Can you change your thought process? Is it uncomfortable for you to learn and unlearn? Let's discuss.

Instructor: Marian Deutschman, PhD, Professor of Communications Emerita, SUNY Buffalo State

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

Amherst Senior Center, 636-3051 to register

Seven Key Decisions for Right Sizing

This program spells out the seven key decisions that help identify your preferences and put together a lower stress approach to moving to a smaller residence.

Instructor: Michael Olear, Olear Team / MJ Peterson

Monday, May 23 10 a.m.

Tosh Collins Senior Center, 822-4532 ext. 103 to register

The Health Benefits of Yoga

Yoga has been around for thousands of years but does it work? And do you need to twist yourself into a pretzel to get the benefits? Join us as we discuss how yoga can improve your health and practice a few gentle postures together.

Instructor: Jennifer Johnson, Health Promotion Coordinator, Highmark Blue Cross Blue Shield of Western New York

Friday, May 20 10:30 a.m.

Free Alternatives for Apps & Websites

Do you want the advantages of brand name software or applications, but without the cost? Learn about free alternatives to popular tech products such as Microsoft Office, Netflix, Spotify, Norton Antivirus, and more.

Instructor: The Buffalo & Erie County Public Library's TechKnow Lab

Monday, May 2 10 a.m.

Tosh Collins Senior Center, 822-4532 ext. 103 to register

Safe Dating Practices

Dating has changed a lot over the years. We'll discuss topics including safe sex, scams, and other scenarios you may encounter while dating.

Instructor: Erie County Department of Health

Monday, July 11 10 a.m.

Tosh Collins Senior Center, 822-4532 ext. 103 to register



Attend one of these 6-week evidence-based workshops and learn more about:

- Coping with pain, fatigue & stress
- Healthy eating, Fitness & Exercise
- Problem solving & Decision Making
- Setting goals for improving health
- Effectively communicating with your doctor

For more information or to register:

Call Erie County Senior Services: 858-7470

Email Janice.Nowak@erie.gov

Virtual Workshop

Wednesdays: May 4 - June 8

Time: 9:30 am - 12:00 pm

Orchard Park Senior Center

4520 California Rd., Orchard Park 14127

Mondays: May 16 - June 27

Time: 9:30 am - 12:00 pm

Cheektowaga Senior Center

3349 Broadway Ave., Cheektowaga 14227

Fridays: June 3 - July 8

Time: 1:00 pm - 3:30 pm

Strength Training

Join for an informational session about strength training and its benefits. We'll cover how to add strength training to your routine and where to go for more information and resources.

Instructor: Miranda McCoy, Health Coach, Highmark Blue Cross Blue Shield of Western New York

Wednesday, June 22  **10:30 a.m.**

Pickleball 101

Are you interested in playing but don't know the rules? Get your feet wet during this informational session!

Instructor: George Erckert, Volunteer Pickleball Instructor, Lancaster Senior Center

Wednesday, May 18 **12:30 p.m.**

Lancaster Senior Center, 685-3498 to register

Wednesday, June 15 **6 p.m.**

Lancaster Senior Center, 685-3498 to register

Introduction to Deaf Culture & Signing

Through these educational opportunities, Deaf Access Services enhances self-awareness in the Deaf Community and increases knowledge of Deaf Culture.

Instructor: David Wantuck, Community Engagement Specialist/ASL Coordinator, Deaf Access Services

Part I: Tuesday, May 17  **10:30 a.m.**

Part II: Tuesday, May 24  **10:30 a.m.**



Choose a carbohydrate source for energy and protein and healthy fat source to promote satiety when creating a meal or snack. Keeping your body satisfied will prevent extreme hunger and overindulging on snacks. An example would be a turkey sandwich that includes multi-grain bread, turkey, cheese slice, lettuce, tomato, avocado slices.



The Choose Healthy WNY with Diabetes workshops include a Consultation with an R.D. prior to the 1st workshop for eligible Medicare Recipients!

For more information or to register:
Call Erie County Senior Services: 858-7470
Email Janice.Nowak@erie.gov

Clarence Senior Center

4600 Thompson Rd., Clarence 14031

Tuesdays: May 3 - June 7

Time: 9:30 am - 12:00 pm

Schiller park Senior Center

2057 Genesee St., Buffalo 14211

Wednesdays: May 4 - June 8

Time: 9:30 am - 12:00 pm

Town of Tonawanda Senior Center

291 Ensminger Rd., Tonawanda 14150

Fridays: May 6 - June 10

Time: 1:00 pm - 3:30 pm

Virtual Workshop

Thursdays: May 12 - June 16

Time: 1:00 pm - 3:30 pm

Lackawanna Senior Center

230 Martin Rd., Lackawanna 14218

Wednesdays: May 18 - June 22

Time: 9:30 am - 12:00 pm



ERIE COUNTY DEPARTMENT OF SENIOR SERVICES
 95 Franklin Street, 13th Floor
 Buffalo, NY 14202

VACCINES WORK.

- Older adults have the highest risk of getting very sick, needing hospital care or dying from COVID-19.
- Certain medical conditions can also increase the risk of severe illness.
- People at increased risk, *and those who live with or visit them*, need to take precautions to protect against getting COVID-19.
- It is safer to get the vaccine than getting COVID-19.
- Even if you had COVID-19, you can get re-infected, and you should still get vaccinated.

GET A BOOSTER.

- Vaccine effectiveness decreases over time, and vaccine boosters are common.
- A booster is an important part of COVID-19 vaccine protection.
- If you have questions, talk to your health care provider.



VAX Visits

Erie County residents: get the COVID-19 vaccine at home.

Call (716) 858-2929 with questions or visit erie.gov/vax for our schedule.



Erie County Department of Health



Public Health
 Protect. Promote. Prevent.



ERIE COUNTY DEPARTMENT OF SENIOR SERVICES

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