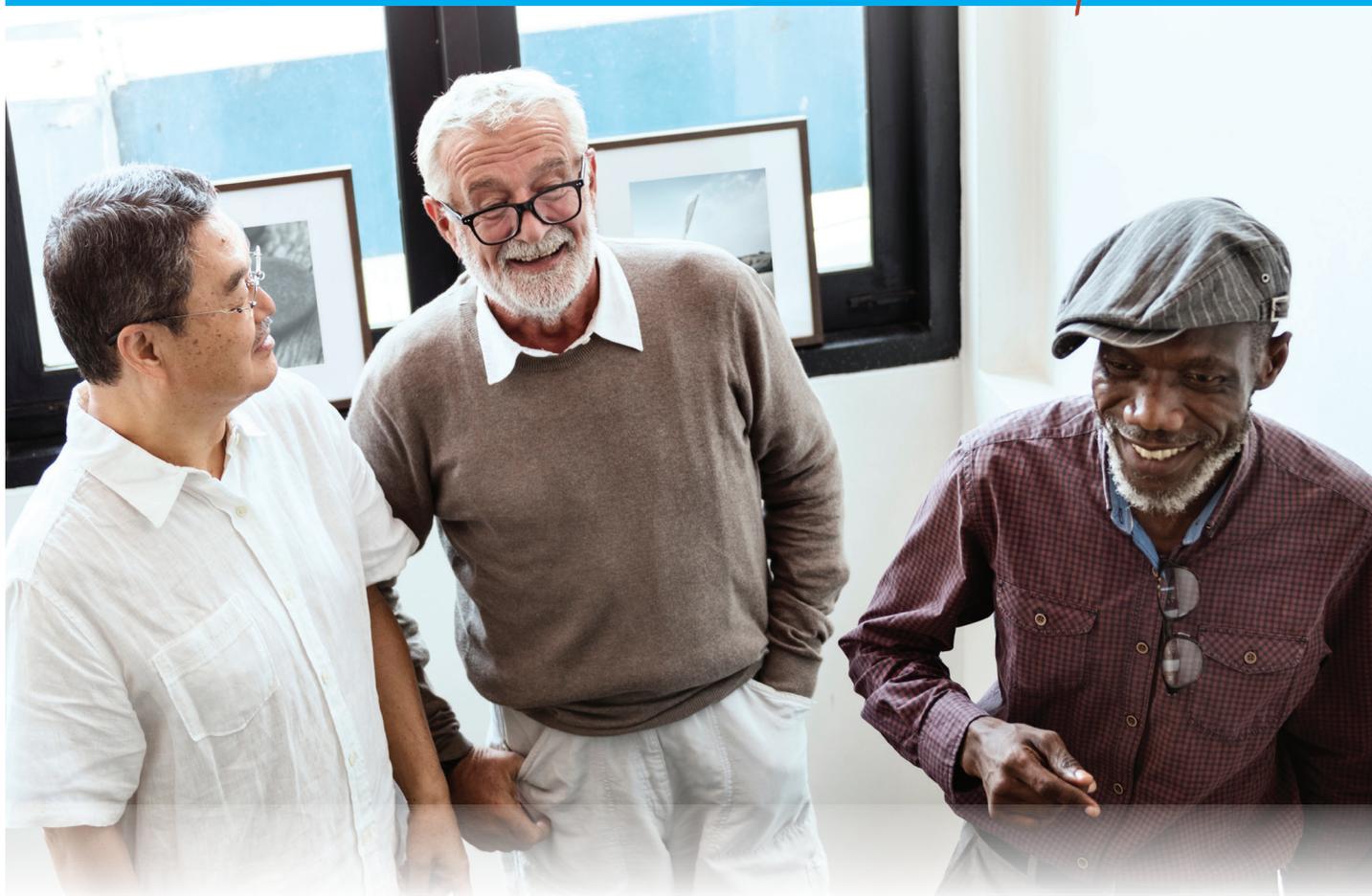


UNIVERSITY EXPRESS

Fall
2022



Lifelong Learning for Adults Age 55+



ERIE COUNTY DEPARTMENT OF SENIOR SERVICES NY CONNECTS

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ERIE COUNTY SENIOR SERVICES - OUR MISSION IS TO SUPPORT YOUR HEALTH & WELLBEING!

Our team is here to help you find services to improve your quality of life, and provide assistance when you need it. Whether it's delicious healthy meals, transportation to a medical appointment or the grocery store, or if you want to connect with an exercise class - we can help. Or if you want to socialize, or simply have FUN with activities for self-development and lifelong learning - Erie County Senior Services has something for you!

NUTRITION



- Stay Fit Dining program at participating senior centers
- Frozen meal pick up
- FREE nutrition counseling

WELLNESS



- Club 99 FREE exercise program
- University Express FREE educational programs
- AmeriCorps Seniors RSVP volunteer program
- Choose Healthy workshops
- Aging Mastery program

CASE MANAGEMENT



- Insurance Counseling
- Transportation
- Home Care
- Family Caregiver Assistance



CALL US TODAY AT (716) 858-8526
erie.gov/seniorservices



 **ECSeniorServices**

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Did you know you can get a knee or hip replaced without ever stepping foot inside a hospital?

Excelsior Orthopaedics pioneered "outpatient joint replacement" in WNY nearly a decade ago. As the area's most experienced provider of this revolutionary approach to joint replacement, we've changed the lives of thousands of WNYers — getting them moving again faster and with less pain.

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Greetings!

Combating social isolation and loneliness among older adults is our goal, and a great way to do that is through the University Express program. So, let's dive into that universe!

You can join our lectures on different topics at various senior centers, libraries, and virtual. It's a great way to meet new people with similar interests. Make a day of it by eating lunch at one of our Stay Fit Dining locations!

Visit erie.gov/universityexpress for more information, recordings of past classes, and the chance to sign up for our email list.

See you this fall!



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 14228
Phone: 716-636-3051

Autumnwood Senior Center

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

Baptist Manor

276 Linwood Avenue
Buffalo 14209
Phone: 716-881-1120 ext. 5

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

Delavan Grider Community Center

877 E Delavan Avenue
Buffalo 14215
Phone: 716-896-7021

Eden Library

2901 E Church Street
Eden 14057
Phone: 716-992-4028

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. 0

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

The Balance of Power in South Asia

How does America balance the power grid in South Asia to protect its interests? Can we bet on India or Pakistan or Bangladesh or all of them?

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

Monday, November 7 10:30 a.m.

Orchard Park Senior Center, 662-6452 to register

The War in Ukraine

This talk about the ongoing conflict in Ukraine will be focused on not only the military conflict and the tragic consequences for the population there, but also its broader geopolitical and economic impact.

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

Wednesday, October 5 6:30 p.m.

Elma Public Library, 652-2719 to register

Wednesday, October 26 1 p.m.

Town of Aurora Senior Center, 652-7934 to register

Friday, November 18 1 p.m.

Clarence Senior Center, 633-5138 to register

Friday, December 9 10:30 a.m.

Orchard Park Senior Center, 662-6452 to register

The Cloud

The Cloud is everywhere! But what is "The Cloud"? How does it work? Learn this and more about one of the most important Internet-based technologies around.

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

Wednesday, October 26 1 p.m.

Clarence Senior Center, 633-5138 to register

Friday, November 4 10:30 a.m.

Grand Island Senior Center, 773-9682 to register

Tuesday, November 9 10 a.m.

Hamburg Senior Community Center, 646-0665 to register

Friday, November 18 2 p.m.

Amherst Senior Center, 636-3051 to register

Wednesday, December 7 10 a.m.

Cheektowaga Senior Center, 686-3930 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, October 6 2 p.m.

Amherst Senior Center, 636-3051 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

Friday, November 4 2 p.m.

Clarence Senior Center, 633-5138 to register

Friday, November 18 11 a.m.

Schiller Park Senior Center, 895-2727 to register

USS The Sullivans: Moving Forward After Her Sinking

Come learn about the theories behind the historic WWII destroyer's sinking threat and the extraordinary team assembled to save her. You'll also learn about plans for the future "Fletcher-class" destroyer.

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

Friday, October 28 12:30 p.m.

Concord Senior Center, 592-2764 to register

Monday, October 31 1 p.m.

City of Tonawanda Public Library, 693-5043

Friday, November 4 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Thursday, November 10 2 p.m.

Elma Public Library, 652-2719 to register

Monday, November 28 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Monday, November 28 2 p.m.

Akron Senior Center, 542-6645 to register

Wednesday, December 7 1 p.m.

Clarence Senior Center, 633-5138 to register

CURRENT EVENTS

Everything You Ever Wanted to Know About Marijuana

We'll discuss the new marijuana law, the various forms of marijuana, differences between CBD and THC, and the benefits and dangers associated with each.

Instructor: Erie County Department of Health

Thursday, October 20 6 p.m.

Amherst Senior Center, 636-3051 to register

Tuesday, October 25 12:30 p.m.

Concord Senior Center, 592-2764 to register

Friday, November 4 11 a.m.

Schiller Park Senior Center, 895-2727 to register

Thursday, November 17 1 p.m.

Hamburg Senior Community Center, 646-0665 to register

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

Tuesday, November 29 1 p.m.

Clarence Senior Center, 633-5138 to register

Football 101

Learn the basics of the game so you can enjoy watching your favorite team this season. Bring your questions!

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

Monday, October 3 10:30 a.m.

Why Public Health Matters

What role does Public Health and Preventive Medicine play in your life? What should you know to maximize your benefits from these two sciences? Let's discuss.

Instructor: Lito Gutierrez, MD, Member, NYS Public Health & Health Planning Council

Saturday, October 8 11 a.m.

Central Library, 858-8900 to register

The Evolution of Understanding Grief

Join us to unpack the history of diagnosing grief, the controversy surrounding "Prolonged Grief Disorder," and the various ways our world is already responding.

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

Tuesday, October 4 10:30 a.m.

How Erie County Serves You

Wondering how county government works? Join us for an informational session on what Erie County can do for you!

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

Wednesday, December 7 2 p.m.

Amherst Senior Center, 636-3051 to register

HISTORY

Silo City

Buffalo was once known as the Grain Milling and Malting Capital of the World. Learn about this time in history and what is happening now to transform some of Buffalo's flour mills and grain storage silos.

Instructor: Harry Meyer, Docent & Lecturer of WNY History & Architecture

Wednesday, October 12 1 p.m.

Clarence Senior Center, 633-5138 to register

Preservation Basics

Learn an overview of the history of historic preservation and discuss the different types of historic designations that exist at the local, state, and national levels.

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

Wednesday, November 9 10:30 am

Orchard Park Senior Center, Contact Linda 662-6452

Planes, Pianos, & Paraphernalia

The little corner of the City of Buffalo known as Black Rock and Riverside has been home to some major industries - some you would never have expected.

Instructor: Mary Ann Kedron, MBA, PhD, BOD Black Rock Historical Society

Friday, November 4 10:30 a.m.

Akron Senior Center, 542-6645 to register

Friday, December 2 10:30 a.m.

West Side Community Services, 884-6616 to register

Presidents in Buffalo: Unusual & Unknown Stories

Considering Buffalo's rich and unique Presidential history, you will be surprised at how many unusual, unknown, and even weird stories abound. Some may be controversial; others "believe it or not."

Instructor: Bren Price, Retired Educator; Trustee of the Buffalo Presidential Center; Explore Buffalo Master Docent

Monday, October 3 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

Monday, October 17 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Friday, November 18 1 p.m.

Akron Senior Center, 542-6645 to register

Monday, December 5 2 p.m.

Baptist Manor, 881-1120 ext. 5 to register

Women in the Civil War

We'll discuss two extraordinary women who posed as men and saw combat during the Civil War. You'll learn about their experiences and about others who were medical providers and spies.

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

Thursday, October 6 2 p.m.

Elma Public Library, 652-2719 to register

Thursday, October 27 2 p.m.

Eden Public Library, 992-4028 to register

Influential Buffalo Women in the 19th & 20th Century

A review of historic and influential women from Buffalo and WNY who influenced area society and culture, while working in various fields during the 1800 & 1900s.

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

Monday, October 24 1 p.m.

Akron Senior Center, 542-6645 to register

Friday, November 4 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

Thursday, November 10 1 p.m.

Hamburg Senior Community Center, 646-0665 to register

Tuesday, November 15 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

WNY's German Heritage

Germans were one of the earliest immigrant groups to arrive in Western New York. From farms to breweries, they left a lasting impact on the culture of our region.

Instructor: Doug Kohler, Erie County Historian

Wednesday, October 12 10:30 a.m.

Orchard Park Senior Center, 662-6452 to register

Wednesday, October 19 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Tuesday, October 25 5:30 p.m.

Akron Senior Center, 542-6645 to register

Wednesday, November 23 1 p.m.

Clarence Senior Center, 633-5138 to register



People are less likely to have pain when shoveling if they lift using their leg muscles, shovel in a squat position, and avoid bending/twisting their spine.

Who Was That Man?

Who was that man who jumped onto the limousine after JFK's shooting? Learn about Clint Hill's tenure with the Kennedy Administration and the book he later wrote.

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

Tuesday, October 11 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

Thursday, October 13 11 a.m.

Autumnwood Senior Center, 826-7895 to register

Monday, November 7 1 p.m.

Town of Tonawanda Senior Center, 874-3266 to register

Monday, November 14 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

Wednesday, November 16 1 p.m.

Clarence Senior Center, 633-5138 to register

Tuesday, November 29 1 p.m.

Town of Aurora Senior Center, 652-7934 to register

How Buffalo Gave Wings to the World

People usually think of steel or grain as being the main industries of Buffalo back in the day, but they don't come close to aviation. Learn about the single largest industry that Buffalo has ever had.

Instructor: Chuck Banas, Urban Designer & Community Activist

Tuesday, October 11 6 p.m.

Amherst Senior Center, 636-3051 to register

Friday, November 4 10:30 am

Orchard Park Senior Center, 662-6452 to register

Saturday, December 3 2 p.m.

Central Library, 858-8900 to register

History of the ADA

The Americans with Disabilities Act is a significant piece of legislation. We'll examine the conditions that led to its creation, the protections it provides, and the opportunities for continued advocacy.

Instructor: Frank Cammarata, MPA, Executive Director, Office for People with Disabilities, Erie County

Thursday, December 1 2 p.m.

Amherst Senior Center, 636-3051 to register

Buffalo's Gilded Age Mansions

At the turn of the 1900s, Buffalo was the eighth largest city in the United States. Learn more about this large population of millionaires who hired world-renown architects to showcase their wealth.

Instructor: Instructor: Doug Kohler, Erie County Historian

Tuesday, November 1 1 p.m.

Clarence Senior Center, 633-5138 to register

Buffalo Scandals: The Murder of the White Witch

Journey through one of the "Crimes of the Century" in Buffalo which many lifelong Western New Yorkers 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

Monday, October 31 10:30 a.m.

History of the Royal Mail Ship Carpathia

The RMS Carpathia will forever be historically tied to the Titanic and her sinking. Many people know the story of her rescuing the Titanic survivors, but she also went below the waves for wholly other reasons, only six years after the Titanic sank.

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

Friday, December 9 2 p.m.

Amherst Senior Center, 636-3051 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.

Two Presidents & Their History: Abraham Lincoln & Ulysses S. Grant

President Abraham Lincoln and General Ulysses S. Grant didn't meet often in person. Still their mutual respect and trust grew deep over the final year of the Civil War as together they steered America and its armies through the most turbulent period in the nation's history.

Instructors: Ed Brodbeck, Reenactor, Impressionist
History: Civil War – World War II; David Kreutz, Member, The Association of Lincoln Presenters (ALP)

Wednesday, November 9 2 p.m.

Amherst Senior Center, 636-3051 to register

Monday, November 21 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Buffalo Scandals: The Dark Side of Buffalo's Elmwood Avenue

Millionaires in the early 1900s were preoccupied with money, sex, and alcohol. Hold on to your hat as we go back in time to examine it all!

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

Friday, October 7 1 p.m.

Town of Tonawanda Senior Center, 874-3266 to register

Wednesday, October 12 1 p.m.

Town of Aurora Senior Center, 652-7934 to register

Friday, October 14 1 p.m.

Clarence Senior Center, 633-5138 to register

Friday, October 21 2 p.m.

Amherst Senior Center, 636-3051 to register

Wednesday, October 26 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Wednesday, October 26 1:30 p.m.

Akron Senior Center, 542-6645 to register

Wednesday, November 2 11 a.m.

Lancaster Senior Center, 685-3498

Thursday, November 10 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

Monday, November 14 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Coast Guard History: How September 11th Shaped the Modern-Day Coast Guard

Learn about the history of the Coast Guard dating back to 1790 when an act of Congress created what we now know as the Coast Guard. We'll then focus on the Coast Guard's coordinated efforts of merchant ships, tugboats and ferries to help evacuate victims and deliver supplies in the days following the September 11th attacks through present time.

Instructor: Andre Clansy, Lieutenant Junior Grade, U.S. Coast Guard

Friday, October 21 10:30 a.m.

Orchard Park Senior Center, 662-6452 to register

Friday, November 4 2 p.m.

Amherst Senior Center, 636-3051 to register

Dr. Roswell Park (1852-1914), Renaissance Man

Learn about the rich and full life of the brilliant Dr. Roswell Park as well as his many contributions to his adopted city of Buffalo. Dr. Park's work contributed to the advancement of cancer research and treatment nationally and internationally.

Instructor: Cynthia Schwartz, Director, Alliance Foundation Ambassador Program, Roswell Park Comprehensive Cancer Institute

Wednesday, October 5 2 p.m.

Lancaster Senior Center, 685-3498 to register

Thursday, November 3 2 p.m.

Eden Public Library, 992-4028 to register

Wool, Woad, Buffalo to Bruges

Join us for a short history of wool making in Bruges, Belgium and how it relates to Buffalo and our experiences here. We'll also look at how natural dyes like indigo and the plants that create them (like Woad) are woven into our community.

Instructor: Mary Ann Kedron, MBA, PhD, BOD BRRAlliance Inc.

Thursday, October 20 10:30 a.m.



HISTORY

The Legacy of 9/11 Terrorism

We'll discuss why the terrorist hijackers who participated in this Al-Qaeda attack radicalized, and what could have possibly been done to prevent another such heinous act from occurring in the future. Discussion will reference the docudrama *The Hamburg Cell*.

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

Wednesday, November 9 1 p.m.

Clarence Senior Center, 633-5138 to register

The Making of the Tesla Legacy Corridor

More than a century and a quarter ago, Buffalo became the first city on the planet to be powered by AC electricity through the genius of Nikola Tesla. Learn about the group that created the Nikola Tesla Legacy Corridor right here in Western New York, the epicenter of Tesla's work.

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

Monday, October 3 1:30 pm

Orchard Park Senior Center, 662-6452 to register

Thursday, November 3 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

HUMANITIES

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, November 17 2 p.m.

Elma Public Library, 652-2719 to register

The Thanksgiving Address

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

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

Thursday, November 3 10:30 a.m.

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, November 14 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

The Mystery of the Mona Lisa: A New Look at an Old Masterpiece

We'll first review the newest high-tech research that reveals the most intricate details of the world's most famous portrait by Leonardo Da Vinci. Then we'll practice sketching faces! Materials provided and beginners welcome!

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

Tuesday, October 11 6:30 p.m.

Clarence Senior Center, 633-5138 to register

Monday, October 24 10:30 am

Orchard Park Senior Center, 662-6452 to register

Where the Crawdads Sing

The novel by Delia Owens is intriguing because of its two time lines: the marsh, where a young girl lives after being abandoned by her mother; and the murder investigation of a local celebrity.

Instructor: Jim Banko, Retired Teacher, Buffalo Public Schools

Wednesday, October 12 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Wednesday, October 19 12:30 p.m.

Concord Senior Center, 592-2764 to register

Wednesday, November 9 1 p.m.

Town of Aurora Senior Center, 652-7934 to register

Dolls & Society

A discussion forum covering doll collecting, doll making, and how dolls have historically impacted society.

Instructor: Lisa Jacobs-Watson, Local Doll Curator

Friday, October 7 11 a.m.

Delavan Grider Community Center, 896-7021 to register

Thursday, November 17 4 p.m.

Amherst Senior Center, 636-3051 to register

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

Wednesday, October 5 2 p.m.

Amherst Senior Center, 636-3051 to register

Friday, November 18 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

Vampires, Werewolves, Witches, & Other Dangerous Creatures of the Night

Cultures throughout history have believed dangerous beings roam in search of human victims. We'll look at examples of such beliefs and explanations for them.

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

Tuesday, October 18 1 p.m.

West Seneca Senior Center, 675-9288 to register

Mark Twain LIVE!

Mike Randall celebrates his 50th year of performing as "The Great Man Himself." In this 60 minute presentation, Mr. Twain will be sharing some of his wisdom, gathered during his many adventures out West and around the world.

Instructor: Mike Randall, Performer

Saturday, November 19 2 p.m.

Central Library, 858-8900 to register

Coiled Basketry

In Part I, we'll journey through the history of basketry techniques focusing on the traditional COIL method, used by Gullah sweet grass artists, Native Americans, and other traditional sources. We'll also learn how to start a basket. In Part II, we'll share our progress and learn how to finish our baskets.

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

Part I: Friday, October 7 2 p.m.

Part II: Friday, October 14 2 p.m.

Baptist Manor, 881-1120 ext. 5 to register

Part I: Friday, October 18 10 a.m.

Part II: Friday, October 21 10 a.m.

Schiller Park Senior Center, 895-2727 to register

Teachings of the "Good Mind"

We'll share traditional, cultural messages of the Haudenosaunee people that help us to carry a "Good Mind" and promote respect, kindness, endurance, and compassion.

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

Thursday, December 8 10:30 a.m.

Perceptual Illusions: Seeing Is or Is Not Believing

We'll discuss the perceptual process and look at how our beliefs and imagination influence our understanding of what we see. This includes a fun sampling of optical illusions and other visual examples of how our eyes play tricks on us.

Instructor: John Harrigan, PhD, Professor, SUNY Erie

Wednesday, November 2 2 p.m.

Amherst Senior Center, 636-3051 to register

Monday, November 7 3 p.m.

Lancaster Senior Center, 685-3498 to register

Monday, November 14 1 p.m.

Delavan Grider Community Center, 896-7021 to register

Wednesday, November 30 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

Early Buffalo Music & Entertainment

A look back to the beginning of Buffalo's entertainment history, starting at Canal Street to early theaters, concert halls, vaudeville houses, big band nightclubs and music prior to the advent of Rock N Roll.

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

Friday, November 18 2 P.M.

Baptist Manor, 881-1120 ext. 5 to register

WNY Hispanic History

Hispanics have been part of the fabric of the Western New York community since the late 1800s and early 1900s. We'll learn about the contributions of Hispanic Americans and celebrate this Hispanic heritage and culture.

Instructor: Esmeralda Sierra, MPA, President, Hispanic Heritage Council of WNY Inc.

Wednesday, October 19th 10:30 a.m.

West Side Community Services, 884-6616 to register

The Music of Your Life

Let's take a trip down memory lane. We'll listen to and discuss hits from the 50s, 60s, and 70s, and reminisce together.

Instructor: Richard Derwald, Musician; Author

Thursday, October 20 1 p.m.

Akron Senior Center, 542-6645 to register

Wednesday, November 2 12:30 p.m.

Concord Senior Center, 592-2764 to register

Monday, November 7 11 a.m.

Delavan Grider Community Center, 896-7021 to register

Friday, November 18 1 p.m.

West Seneca Senior Center, 675-9288 to register

Great Short Story Writers

The truly great short story writers give us stories that are compact and reveal succinctly the conflicts and crises that make up human existence.

Instructor: Jim Banko, Retired Teacher, Buffalo Public Schools

Wednesday, October 27 1 p.m.

Hamburg Senior Community Center, 646-0665 to register

Easy Acrylic Painting on Canvas

Learn a quick and easy way to create an abstract flower on canvas using acrylic paints and a spoon. With just a few acrylic colors, you can create a beautiful, unique, and one of a kind abstract flower on canvas in no time!

Instructor: Lisa Saunders, Senior Account Clerk, Erie County Department of Senior Services

Tuesday, October 25 5:30 p.m.

Clarence Senior Center, 633-5138 to register

Wednesday, November 9 2 p.m.

Lancaster Senior Center, 685-3498 to register

Thursday, December 1 6 p.m.

Amherst Senior Center, 636-3051 to register

Classical Witchcraft, Inherently Human

Join us to learn the many meanings of "witchcraft," and identify the 14 attributes which describe the near-universal concept of a really terrible being.

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

Tuesday, October 11 11 a.m.

Schiller Park Senior Center, 895-2727 to register

Friday, October 28 1 p.m.

Clarence Senior Center, 633-5138 to register

What am I Looking At?

This is a course in art history and appreciation! It will provide the perfect introduction for a museum trip or a virtual visit so you know what you are looking for and looking at.

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

Wednesday, October 19 1 p.m.

Clarence Senior Center, 633-5138 to register



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

The United Nations: What It Can & Can't Do

Since its creation in 1945, the United Nations has inspired both hope and frustration. We will examine its history and structure, successes and failures, with an emphasis on America's role.

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

Monday, October 24  **10:30 a.m.**

Hide in Plain Sight

The Hollywood movie, which was filmed in Buffalo and starred the recently deceased James Caan, was inspired by articles written by Buffalo's own organized crime expert, Lee Coppola. Lee will take us behind the scenes of the filming and production of this movie.

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

Thursday, October 6 **1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

Thursday, October 18 **10:30 a.m.**

Hamburg Senior Community Center, 646-0665 to register

Wednesday, November 9 **10:30 a.m.**

West Side Community Services 884-6616 to register

Thursday, November 17 **1 p.m.**

Town of Aurora Senior Center, 652-7934 to register

Thursday, December 8 **1 p.m.**

City of Tonawanda Public Library, 693-5043 to register

Southeast Asia Cruise: Malaysia to the Gulf States

Together we'll board a luxury cruise ship and visit Malaysia's colorful historic ports. Then we're off to Sri Lanka, to see tropical farms. India comes next, with its exotic temples and crowded streets. We finish in the oil-rich United Arab Emirates, where its marble mosques and skyscrapers tower over sandy cities.

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

Monday, November 7  **10:30 a.m.**

Gender Imbalances & Their Effect on Culture

We'll look at how we can create awareness regarding equal rights and the responsibilities and opportunities for women and men.

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

Thursday, November 10 **4 pm**

Amherst Senior center, 636-3051 to register

Japan: A Country with Vast Contrasts

At the center of Hiroshima's peace park stands the devastated remains of a nuclear attack. We'll walk through the country with pilgrims, flocking to Buddhist and Shinto holy sites.

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

Monday, December 5  **10:30 a.m.**

D. B. Cooper: A Successful Hijacking?

In 1971, a man boarded a flight from Portland, OR to Seattle, WA and, while in the air, demanded \$200,000 and two parachutes. Find out what happened with the passengers, crew, and the man who hijacked the airplane.

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

Tuesday, October 18 **2 p.m.**

Amherst Senior Center, 636-3051 to register

Tuesday, November 1 **1 p.m.**

Town of Aurora Senior Center, 652-7934 to register

Meet the Conductor: Fernanda Lastra

Meet the BPO's newest conductor! Learn about her journey to the BPO and her passionate advocacy for the music of South America, including her homeland of Argentina.

Instructor: Fernanda Lastra, Buffalo Philharmonic Orchestra

Monday, October 24 **1 p.m.**

Cheektowaga Senior Center, 686-3930 to register

Thursday, December 1 **11 a.m.**

West Seneca Senior Center, 675-9288 to register

Complicated Conversations: How to Understand Each Other When We Don't Understand Each Other

We'll focus on problematic communication situations in both relationships and society. We'll explore techniques that allow for effective communication and mutual understanding.

Instructor: John Harrigan, PhD, Professor, SUNY Erie

Monday, October 24 2 p.m.

Baptist Manor, 881-1120 ext. 5 to register

Thursday, November 17 10:30 a.m.

Orchard Park Senior Center, 662-6452 to register

Thursday, December 8 2 p.m.

Amherst Senior Center, 636-3051 to register

Halloween: A Festival with Many Meanings

Lean about this evening known as a seasonal/calendrical event; as a "ritual of reversal;" as Samhain, an ancient Celtic festival; as All Hallows Eve, a Christian observance; as a witches' sabbath; and as a modern pagan holiday.

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

Wednesday, October 26 2 P.M.

Amherst Senior Center, 636-3051 to register

Interesting Things To See In Trinidad & Tobago

A former British colony, Trinidad & Tobago changed hands many times in its history. We'll learn about its rich culture and a few places of interest that make this country unique.

Instructor: Patricia Patton, MPA, Assistant Research Analyst, Erie County Department of Senior Services

Tuesday, November 15  10:30 a.m.

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

Thursday, Novemebr 10  10:30 a.m.

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, October 5 10:30 a.m.

West Side Community Services, 884-6616 to register

Thursday, October 13 2 p.m.

Elma Public Library, 652-2719 to register

Getting the Most out of Ancestry Library Edition

Track your ancestors in U.S. Census records and discover new family members, migrations, loves, losses, and hardships. Unlock foreign origins using immigration records.

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

Thursday, October 27 2 p.m.

Elma Public Library, 652-2719 to register

Anthropology & the Christmas Story

The whole, beautiful story of the birth of Jesus is drawn from just two Gospels, both written several decades after the Crucifixion. Several elements in the story have interesting anthropological implications.

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

Friday, December 2 11:30 a.m.

Tosh Collins Senior Center, 822-4532 ext. 0 to register

Diversity in WNY: The New WNY

Learn the difference between refugees, immigrants, and asylum seekers; the process they go through to come to the US; and the challenges when they arrive. We'll also learn about our new neighbors and their journeys to WNY.

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

Monday, October 3 2 p.m.

Baptist Manor, 881-1120 ext. 5 to register

Wednesday, October 26th 10:30 a.m.

West Side Community Services, 884-6616 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

Wednesday, November 9  **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: F. Alexander Fehrman, Esq., Staff Attorney, Center for Elder Law & Justice

Tuesday, October 18 **11 a.m.**

Autumnwood Senior Center, 826-7895 to register

Family Blood Lines & Kinship

Your unknown relatives may inherit your assets when you die. We'll talk about who those relatives may be with examples and how to make sure that doesn't happen to you.

Instructor: Dawn M. Myszka, Esq. Attorney

Tuesday, November 22 **2 p.m.**

Amherst Senior Center, 636-3051 to register

The Basics of Medicaid & Long-Term Care: Protecting & 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

Friday, October 7 **1 p.m.**

City of Tonawanda Public Library, 693-5043 to register

Tuesday, October 18 **1 p.m.**

Clarence Senior Center, 633-5138 to register

Thursday, October 20 **2 p.m.**

Elma Public Library, 652-2719 to register

Spot that Scam!

Learn how to identify scams and how to protect yourself. We'll also cover help that is available for victims of scams.

Instructor: Jennifer Andres, Director, Erie County Office of Consumer Protection

Thursday, October 6 **10 a.m.**

Cheektowaga Senior Center, 686-3930 to register

Wednesday, October 12 **1 p.m.**

Akron Senior Center, 542-6645 to register

Thursday, October 13 **12:30 p.m.**

Concord Senior Center, 592-2764 to register

Tuesday, October 18 **1 p.m.**

Town of Aurora Senior Center, 652-7934 to register

Tuesday, November 1 **1 p.m.**

Autumnwood Senior Center, 826-7895 to register

Should I Turn Things Over?

Joint Accounts, Life Estates, and Powers of Attorney. We'll discuss advantages of these tools for estate and financial planning, as well as potential problems that can arise.

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

Friday, October 14 **11 a.m.**

Delavan Grider Community Center, 896-7021 to register

Monday, November 14 **10:30 a.m.**

Orchard Park Senior Center, 662-6452 to register

Thursday, November 17 **1 p.m.**

Autumnwood Senior Center, 826-7895 to register

Monday, November 28 **10:30 a.m.**

Akron Senior Center, 542-6645 to register

Friday, December 2 **11 a.m.**

Schiller Park Senior Center, 895-2727 to register

Planning for a Special Needs Child

A discussion on estate planning and guardianship for parents of children with special needs. Tips on how to protect children with special needs when it comes to Wills and Trusts.

Instructor: Amanda Scott, Esq., Attorney

Thursday, October 13 **4 p.m.**

Amherst Senior Center, 636-3051 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.

Instructor: Erie County Department of Senior Services

Wednesday, October 5 1 p.m.

Clarence Senior Center, 633-5138 to register

Wednesday, October 12 11 a.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; Certified Financial Planner

Tuesday, November 8 10:30 a.m.

Grand Island Senior Center, 773-9682 to register

Wednesday, November 23 2 p.m.

Amherst Senior Center, 636-3051 to register

Guardianship 101: Article 81 Basics

This presentation will provide the basics regarding Mental Hygiene Law #81 (MHL 81,) how it works, and what's required of a person who is appointed as an Article 81 Guardian

Instructors: Brad Loliger, Esq. & Christopher Phillips, Esq., Staff Attorneys, Center for Elder Law & Justice

Thursday, October 13  10:30 a.m.

Identity Theft & Credit

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

Instructor: Jennifer Andres, Director, Erie County Office of Consumer Protection

Thursday, October 27 2 p.m.

Amherst Senior Center, 636-3051 to register

Thursday, December 8 1 p.m.

Autumnwood Senior Center, 826-7895 to register

Personal Budgets & Inflation: How to Navigate Increased Prices

Learn about personal budgets and inflation and how you can navigate increasing prices at this time.

Instructor: Robert Dunn, Vice President of Counseling, CCCS of Buffalo, Inc.

Thursday, October 20 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

Monday, November 28 10:30 a.m.

Orchard Park Senior Center, 662-6452 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

Wednesday, October 19 10:30 a.m.

Orchard Park Senior Center, 662-6452 to register

Saturday, December 3 10 a.m.

Central Library, 858-8900 to register

A Guide for Basic Estate Planning

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

Instructors: Linda S. Grear, Esq., Attorney

Tuesday, October 4 1:30 p.m.

Eden Public Library, 992-4028 to register

Thursday, October 6 4 p.m.

Amherst Senior Center, 636-3051 to register

Just the Beginning: Planning for Your Personal & Financial Care

Learn what questions you should be asking about your future personal and financial care to make sure everyone is on the same page. You will leave feeling empowered about where to begin the process.

Instructor: Les Robinson, CLTC, Community Education Teacher, CE Instructor for NY State

Monday, November 14  10:30 a.m.

The Art & Science of Pruning

Learn how, when and why to prune for best results along with the tools needed to do a good job.

Instructor: Lyn Chimera, Master Gardener, Cornell

Cooperative Extension; Owner, Lessons from Nature

Tuesday, October 4 1 p.m.

Hamburg Senior Community Center, 646-0665 to register

Friday, October 7 11:30 a.m.

Tosh Collins Senior Center, 822-4532 ext. 0 to register

Tuesday, October 11 12:30 p.m.

Concord Senior Center, 592-2764 to register

Wednesday, October 26 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

Wednesday, November 16 10:30 a.m.

Orchard Park Senior Center, 662-6452 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.

Instructors: Pati Aine Guzinski & Carol Ann Harlos,

Master Gardeners, Cornell Cooperative Extension

Monday, November 7 1 p.m.

Akron Senior Center, (716) 542-6645 to register

Wednesday, November 23 1 p.m.

Town of Aurora Senior Center, 652-7934 to register

Reimagining the Perfect Garden

Plants change over time and seasons, insects come and go, and weeds will always be there. Learn about gardening for purpose, for relaxation, and for the joys of imperfection.

Instructor: Peggy Koppmann, Master Gardener,

Cornell Cooperative Extension

Friday, November 18 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

Friday, December 2 11 a.m.

Delavan Grider Community Center, 896-7021 to register

The Fossils Beneath Our Feet

What did the world look like 400 million years ago and why does it look this way now? Learn what a fossil is and how it gets made, with real museum specimens to examine.

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

Thursday, October 6 1 p.m.

Town of Aurora Senior Center, 652-7934 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

Tuesday, November 1 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Green Cleaning: An Introduction to Safer Cleaning Products for Your Home

Learn about the health impacts associated with chemicals in some cleaning products, how to find out what's in the products you may be using, and how to find safer products.

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

Wednesday, November 2 10:30 a.m.

Why We Love the Element Gold

Learn about GOLD! Its cosmological origin, its physics, its utilization in art, religion, industry, finance, jewelry, awards, warfare, and astronomy in this informative, illuminating, compelling, forthright, and enjoyable lecture.

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

Wednesday, October 5 10:30 a.m.

Wildlife in the Winter

Winter survival depends on adaptation. Join us to learn more about the wonderful world of winter animals and how they survive and thrive in our climate.

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

Wednesday, October 26 12:30 p.m.

Concord Senior Center, 592-2764 to register

Tuesday, November 8 2 p.m.

Amherst Senior Center, 636-3051 to register

Tuesday, November 15 12:30 p.m.

Grand Island Senior Center, 773-9682 to register

Friday, November 18 10:30 a.m.

Orchard Park Senior Center, 662-6452 to register

Friday, December 2 2 p.m.

Baptist Manor, 881-1120 ext. 5 to register

Thursday, December 8 1 p.m.

Akron Senior Center, 542-6645 to register



Meteorology & Weather Forecasting in WNY

Learn how meteorologists forecast the weather, and how the process has evolved over the years. We'll also be taking a look at the challenges in forecasting weather in Western New York.

Instructor: Andrew Baglini, Meteorologist

Tuesday, October 11 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Friday, October 21 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register



Happening Now: Community Climate Action Planning

Erie County has developed 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

Thursday, October 20 2 p.m.

Amherst Senior Center, 636-3051 to register

Saturday, November 5 11 a.m.

Central Library, 858-8900 to register

The Day the Buffalo River Burned

Were it not for the long-forgotten efforts of Stan Spisiak, Canalside and our emerging and cleaner Buffalo waterfront may have been delayed by decades. Learn the story here.

Instructors: John Zach, Retired Buffalo Broadcast Journalist; Author

Wednesday, October 5 11 a.m.

Lancaster Senior Center, 685-3498 to register

Wednesday, October 19 1 p.m.

Cheektowaga Senior Center, 686-3930

Thursday, November 3 2 p.m.

Elma Public Library, 652-2719 to register

Monday, November 7 1 p.m.

City of Tonawanda Public Library, 693-5043 to register

Thursday, November 17 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Friday, December 9 1 p.m.

Akron Senior Center, 542-6645 to register



The Tale of the Tulip

Hear a brief history of the Tulip, including varieties and take a trip to Keukenhof Gardens in the Netherlands.

Instructor: Mary Ann Kedron, MBA, PhD, BOD BRRAlliance Inc.

Thursday, October 6 10:30 a.m.



Electric Vehicles

We'll talk about the science behind electric vehicles and what their future may look like. You'll also learn what Erie County is doing to become more electric vehicle friendly.

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

Wednesday, October 19 2 p.m.

Amherst Senior Center, 636-3051 to register

Monday, November 7 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register



Amphibians: The Good, Bad, & Slimy

Join us to 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

Tuesday, October 4 4 p.m.

Amherst Senior Center, 636-3051 to register

Bloodletting and Germs: A Doctor in Nineteenth Century Rural New York

Epidemics of typhoid and cholera, new surgical possibilities created by anesthesia, and the emerging germ theory all laid the foundation for the hotly contested debates at the American Medical Association's Convention held in Buffalo in 1878.

Instructors: Thomas Rosenthal MD, Emeritus Professor & Chair, Department of Family Medicine, Jacobs School of Medicine & Biomedical Sciences, University at Buffalo

Wednesday, October 5 **1 p.m.**

Town of Aurora Senior Center, 652-7934 to register

Living with Congestive Heart Failure

Learn about what congestive heart failure is and how it affects other organs in the body. We'll discuss signs and symptoms, when to call your healthcare provider and ways to manage the condition.

Instructor: Suzanne Stoklosa, MSN, ANP

Tuesday, November 29 **10:30 a.m.**



Meet the Muscles

Get an introduction to the musculoskeletal system and how it works to move our body. Learn about the main muscle groups and why exercising your muscles is important for balance and posture.

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

Wednesday, November 16 **2 p.m.**

Amherst Senior Center, 636-3051 to register

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

Tuesday, October 4 **5:30 p.m.**

Akron Senior Center, 542-6645 to register

Monday, October 17 **1 p.m.**

City of Tonawanda Public Library, 693-5043 to register

Monday, November 7 **1 p.m.**

Elma Public Library, 652-2719 to register

The Injury Report: Common Sports Injuries & Recovery Processes

What is turf toe? What is a high ankle sprain? Wondering why your family member or favorite athlete is out of the game? Learn about some common injuries in sports and the recovery processes.

Instructor: Vicky Syzmula, DHS, ATC, CSCS, CKTP, Outreach Athletic Training Team Lead, Excelsior Orthopaedics

Wednesday, December 7 **11 a.m.**

Lancaster Senior Center, 685-3498 to register

Skin Cancer

Receive an overview of the various skin cancers, how they can be prevented, and how you can lower your risk.

Instructor: Roswell Park Comprehensive Cancer Center

Friday, October 4 **1 p.m.**

Clarence Senior Center, 633-5138 to register

Thursday, November 3 **1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

So ... What Happens after I Flush?

Learn how sewer systems are critical for the protection of public health and the environment. We'll also cover how they support our economy.

Instructor: Joseph Fiegl, PE, BCEE, Deputy Commissioner, Erie County Department of Environment & Planning, Division of Sewerage Management

Wednesday, October 12 **10:30 a.m.**



Dreams of the Dying

Explore what people dream about at the end of life and how this is important and meaningful to the dying process.

Instructor: Pei C. Grant, PhD, CEO, Phronesis Consulting LLC

Tuesday, October 25 **10:30 a.m.**



Music Therapy

Music can be a very powerful therapeutic tool. Learn how it can enhance one's well-being and quality of life.

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

Thursday, October 27 **10:30 a.m.**



The 10 Warning Signs of Alzheimer's

This education program will help you recognize common signs of the disease in yourself and others, and next steps to take, including how to talk to your doctor.

Instructor: Alzheimer's Association, Western New York Chapter

Tuesday, November 8 1 p.m.

West Seneca Senior Center, 675-9288 to register

Wednesday, November 30 12:30 p.m.

Concord Senior Center, 592-2764 to register

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, October 12 2 p.m.

Amherst Senior Center, 636-3051 to register

Friday, November 18 10:30 a.m.

West Side Community Services, 884-6616 to register

Inflammation & Your Diet

Learn the dietary and lifestyle factors that promote chronic inflammation in the body and those that help prevent it.

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

Monday, October 17 11 a.m.

Delavan Grider Community Center, 896-7021 to register

Monday, November 28 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

Put Your Best Foot Forward

Diabetes? Bunions? Planter Fasciitis? Learn some tips and best practices on how to manage and even prevent future foot issues. Your feet carry you into the future, lets keep them healthy.

Instructor: Barry J. Fitzgerald, DPM, Podiatrist, Affiliated with The Catholic Health System / Mercy Hospital

Wednesday, November 2 1 p.m.

Hamburg Senior Community Center, 646-0665 to register

Supplements

We'll talk about the myths and truths about supplements. Do you really need them? Are they safe? You'll learn answers to these questions and more.

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

Wednesday, October 19 10:30 a.m.

Hamburg Senior Community Center, 646-0665 to register

Would You Eat This?

Learn about food safety during this "game show." Hear a food-related scenario and answer the question "Would You Eat This?" All scenarios are reviewed and tips are provided.

Instructors: Michelle Werneiwski, MS, RD, CDN, Dietitian Consultant, Erie County Department of Senior Services

Tuesday, October 25 2 p.m.

Amherst Senior Center, 636-3051 to register

What is Chronic Kidney Disease?

We'll discuss how the kidneys work and how chronic kidney disease is diagnosed. You'll learn about the signs and symptoms of the disease, the stages and management and treatment options.

Instructor: Suzanne Stoklosa, MSN, ANP

Tuesday, October 18 10:30 a.m.

The Latest in Joint Replacements

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, October 28 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Living with Prostate Cancer: Education & Support

This class will include the basic facts and available support for those with prostate cancer and their family or friends.

Instructor: Bill Krellner, Chapter Leader, US TOO! of WNY

Thursday, November 3 2 p.m.

Amherst Senior Center, 636-3051 to register

SCIENCE & MEDICINE

Living with Vision Loss

We'll discuss the types of visual impairment and available programs and services to assist.

Instructor: Amanda Cleesattel, MS, OTR/L, Vice President of Vision Rehabilitation Services, VIA

Tuesday, October 11  **10:30 a.m.**

Getting the Upper Hand on Your Hand Pain

Experiencing weakness, joint pain and stiffness are common signs and symptoms of Arthritis. We'll discuss possible causes of pain and some conservative treatment options to help you lessen pain and regain function.

Instructor: Justine Smith, MS, OTR/L, Occupational Therapist, Excelsior Orthopaedics

Tuesday, November 29 **4 p.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

Tuesday, December 6  **10:30 a.m.**

Let's Talk About Suicide & Depression

We'll cover the signs and symptoms of depression and what treatment can look like. We'll also discuss the risk factors for suicide and where to get help.

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

Thursday, December 1  **10:30 a.m.**

WELLNESS & PERSONAL ENRICHMENT

Senior Services: How We Serve You

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

Instructor: Erie County Department of Senior Services

Thursday, November 3 **1 p.m.**

West Seneca Senior Center, 675-9288 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:

Wednesday, November 16  **10:30 a.m.**

Part II:

Wednesday, December 7  **10:30 a.m.**

Yoga for Beginners

Eager to try yoga but unsure where to start? This class will walk you through the commonly available styles of yoga and include a short chair-based yoga practice.

Instructor: Jennifer Johnson, New Sky Coaching, LLC

Friday, October 7 **1:30 p.m.**

Orchard Park Senior Center, 662-6452 to register

Tuesday, October 25 **11 a.m.**

Schiller Park Senior Center, 895-2727 to register

Buying Technology

Knowing what technology to buy is just as important as knowing how to use it. Learn about things to consider before buying, where to buy, and much more.

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

Wednesday, October 26 **3:30 p.m.**

Clarence Senior Center, 633-5138 to register

Stretching Your Money at the Grocery Store

We'll discuss cost-cutting strategies when shopping at the grocery store to lower your grocery bill and prevent waste. We'll also discuss how to stock your pantry for quick, inexpensive meals.

Instructor: Erie County Department of Senior Services

Thursday, October 13 1:30 p.m.

Eden Public Library, 992-4028 to register

Wednesday, November 30 11 a.m.

Akron Senior Center, 542-6645 to register

Wednesday, November 30 2 p.m.

Amherst Senior Center, 636-3051 to register

Friday, December 9 10:30 a.m.

West Side Community Services, 884-6616 to register

Let's Talk Sports

Think of this as a chance to talk about the latest local sports news with people who have been following that subject for decades. Any question is fair game – from the outlook for the Bills' next game to the changes caused by legalized sports gambling.

Instructor: Budd Bailey, Retired Buffalo News Sportswriter; Stu Boyer, Former Channel 2 Sportscaster

Thursday, October 6 1 p.m.

Akron Senior Center, 542-6645 to register

Wednesday, October 12 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

Friday, October 28 2 p.m.

Amherst Senior Center, 636-3051 to register

Wednesday, November 2 1 p.m.

Clarence Senior Center, 633-5138 to register

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

Tuesday, October 4 1 p.m.

Town of Aurora Senior Center, 652-7934 to register

DNA Testing for Genealogy

Are you considering taking a DNA Test to learn about your heritage? Join us to learn about popular genetic genealogy testing companies, what testing can tell you, and how DNA can be applied to genealogy research.

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

Monday, October 24 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

Tuesday, November 15 12:30 p.m.

Concord Senior Center, 592-2764 to register

I Have My DNA for Genealogy Test Results, Now What?

This class will teach how to sort, search and compare your DNA matches using popular DNA for genealogy websites.

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

Friday, October 28 10:30 a.m.

Orchard Park Senior Center, 662-6452 to register

Thursday, November 10 2 p.m.

Amherst Senior Center, 636-3051 to register

Brain Games

Enjoy an hour of fun games to challenge your brain and learn some strategies to think in a different way.

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

Tuesday, October 4 1 p.m.

Clarence Senior Center, 633-5138 to register

Wednesday, November 30 1 p.m.

Akron Senior Center, 542-6645 to register

Atomic Habits

Have you ever wanted to create a good habit, but just can't seem to do it consistently? Or have you ever tried to knock off a bad habit? Join us to learn the science behind habit formation. It's not as difficult as it might seem.

Instructor: Rob Kubiak, Director of Client Strategy, Arthur Elliott Marketing

Friday, December 2 2 p.m.

Amherst Senior Center, 636-3051 to register

Winter Activities in Your County Parks

Buffalo owns winter! Join us to learn about the many outdoor activities our winter wonderland has to offer. There's plenty of outdoor fun and activities for all happening in our parks all season long.

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

Friday, November 4 1 p.m.

West Seneca Senior Center, 675-9288 to register

Monday, November 21 1 p.m.

City of Tonawanda Public Library, 693-5043 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

Tuesday, November 8 11 a.m.

Schiller Park Senior Center, 895-2727 to register

Monday, November 21 11 a.m.

Delavan Grider Community Center, 896-7021 to register

Strengthening the Canine / Human Relationship

Why does your dog do what they do? Learn how we can understand each other better and things anyone can do with their dog to enhance the relationship.

*Instructor plans to bring a few dogs to the presentation for demonstration.

Instructor: Dawn Bellere, Canine Obedience Trainer; American Kennel Club Evaluator

Tuesday, October 25 1 p.m.

Clarence Senior Center, 633-5138 to register

Monday, November 21 10:30 a.m.

Orchard Park Senior Center, 662-6452 to register

Thursday, December 8 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Balance is Key

Learn how to improve your balance through simple exercises that improve confidence, strength, and stability.

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

Wednesday, November 9 11 a.m.

Lancaster Senior Center, 685-3498 to register

Tuesday, November 15 2 p.m.

Amherst Senior Center, 636-3051 to register

Monday, November 21 1 p.m.

Akron Senior Center, 542-6645 to register

The Mature Job Seeker's Guide

Over age 55 and looking for employment? We'll share tips for older job seekers and how to make your age an asset.

Instructors: Anita Wolniewicz, Project Director; Ruth Brumley, Employment Counselor, Supportive Services Corporation

Friday, October 7 2 p.m.

Amherst Senior Center, 636-3051 to register

Thursday, October 20 10 a.m.

Cheektowaga Senior Center, 686-3930

Google Photos

Learn about how this cloud-based storage service works, the positives and negatives, and other useful features such as their mobile app.

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

Friday, November 18 10:30 a.m.

Amherst Senior Center, 636-3051 to register

Monday, November 28 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register

The Importance of Social Connections

Are you or someone you know feeling lonely? This class will give you tips to combat loneliness.

Instructor: Alissa Yax, Program Supervisor, People Inc. Senior Companion Program

Tuesday, October 11 2 p.m.

Amherst Senior Center, 636-3051 to register

Buffalo Sports Trivia

Think you know everything about Buffalo Sports? Buckle your chin strap and join us!

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

Friday, October 21 11:30 a.m.

Tosh Collins Senior Center, 822-4532 ext. 0 to register

Tuesday, November 1 5:30 p.m.

Clarence Senior Center, 633-5138 to register

Wednesday, November 2 1 p.m.

Town of Aurora Senior Center, 652-7934 to register

Monday, November 14 2 p.m.

Baptist Manor, 881-1120 ext. 5 to register

Wednesday, December 7 1 p.m.

Cheektowaga Senior Center, 686-3930 to register

The Power of Positivity

Learn 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

Friday, October 21 2 p.m.

Baptist Manor, 881-1120 ext. 5 to register

Wednesday, November 9 11 a.m.

Akron Senior Center, 542-6645 to register

Protecting Yourself Online

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

Instructor: Dave Stott, Junior Information Security Analyst, Erie County

Monday, October 24 11 a.m.

Delavan Grider Community Center, 896-7021 to register

Thursday, November 17 12:30 p.m.

Concord Senior Center, 592-2764 to register

Reset & Refocus After the Holidays

We'll discuss moderation during the holidays and set a plan for getting back to a healthy pattern when the season ends.

Instructor: Jennifer Johnson, New Sky Coaching, LLC

Thursday, November 17 10:30 a.m.



Eating Healthy When You Don't Like to Cook

You'll learn strategies to eat healthy when you don't have time or motivation. We'll discuss time and energy-saving tips to keep you healthy and in and out of the kitchen fast.

Instructor: Erie County Department of Senior Services

Monday, October 3 11 a.m.

Delavan Grider Community Center, 896-7021 to register

Monday, October 3 3 p.m.

Lancaster Senior Center, 685-3498 to register

Friday, October 7 10:30 a.m.

Hamburg Senior Community Center, 646-0665 to register

Friday, October 14 2 p.m.

Amherst Senior Center, 636-3051 to register

Tuesday, October 18 10 a.m.

Cheektowaga Senior Center, 686-3930 to register

Tuesday, October 25 10:30 a.m.

Grand Island Senior Center, 773-9682 to register

Wednesday, October 26 11 a.m.

Akron Senior Center, 542-6645 to register

The Retirement Transition

Join us for a discussion on how to plan for retirement, some of the common issues people face, and how to make the most of your time.

Instructor: Jennifer Johnson, New Sky Coaching, LLC

Wednesday, October 26 6:30 p.m.

Elma Public Library, 652-2719 to register

Wednesday, November 30 10:30 a.m.

Orchard Park Senior Center, 662-6452 to register

Understanding Condos, Townhouses, & Patio Homes

Learn the answers to commonly asked questions about residential communities and downsizing.

Instructor: Michael Olear, Olear Team / MJ Peterson

Tuesday, November 15 1 p.m.

Clarence Senior Center, 633-5138 to register

Friday, November 18 1:30 p.m.

Orchard Park Senior Center, 662-6452 to register



ERIE COUNTY DEPARTMENT OF SENIOR SERVICES

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