

Cheektowaga Senior Center  
 3349 Broadway  
 Cheektowaga, NY 14227  
 (716) 686-3930

Site	Day	Date	Time	Topic	Instructor
Cheektowaga	Tuesday	May 2, 2023	1:00 PM	7 Key Decisions For Seniors Rightsizing	Mike O'Lear
Cheektowaga	Thursday	May 4, 2023	10:00 AM	History of Battleships	Shane Stevenson
Cheektowaga	Tuesday	May 9, 2023	10:00 AM	Self Defense for Seniors	Judy Beiswanger
Cheektowaga	Wednesday	May 10, 2023	1:00 PM	All Things Travel with AAA	Elizabeth Carey
Cheektowaga	Wednesday	May 17, 2023	1:00 PM	Great American Poets	Jim Banko
Cheektowaga	Thursday	May 18, 2023	10:00 AM	Composting is the Next Big Thing	Amy Aldunio
Cheektowaga	Monday	May 22, 2023	10:00 AM	Smart Decisions in Down Markets	Adam Goldfarb
Cheektowaga	Tuesday	May 23, 2023	1:00 PM	Board Games for All Ages	Ed Sapienza
Cheektowaga	Tuesday	May 30, 2023	1:00 PM	Mindfulness	Betsy Vasquez-Ardadio
Cheektowaga	Wednesday	May 31, 2023	10:00 AM	Cults, Sects, Marginal Religious Groups	Phil Stevens
Cheektowaga	Tuesday	June 6, 2023	1:00 PM	The Facts about Marijuana	Yessica Amezquita
Cheektowaga	Wednesday	June 7, 2023	10:00 AM	A Guide For Basic Estate Planning	Linda Gear
Cheektowaga	Tuesday	June 13, 2023	10:00 AM	Sleep as we age	Julie Starr

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Cheektowaga	Wednesday	June 14, 2023	1:00 PM	Graycliff	Maddie Moore
Cheektowaga	Thursday	June 22, 2023	10:00 AM	The Opiod Epidemic & Narcan	Cheryll Moore
Cheektowaga	Thursday	June 15, 2023	10:00 AM	Senior Services - Pathway to Making Your 60+ Years AWESOME!	Moira Mycio
Cheektowaga	Wednesday	June 21, 2023	1:00 PM	Fireboat Edward M. Cotter: A National Historic Landmark & Oldest Active Fireboat	Ron Endle
Cheektowaga	Wednesday	July 12, 2023	1:00 PM	What's Up in the Solar System?	Kevin Williams